



# Welcome To Vail Farm Elementary!

## Lynn Eves RN BSN in the Health Office

Kindergarten is such an exciting time for your family! In the health office we are busy getting ready for September. We are so excited to meet our newest Vail Farm falcons. Please check out these healthy tips which will help you be ready for the start of the school year. Please feel free to reach out with any questions or concerns, and check out the Nurses Corner on the Vail Farm Elementary web page for helpful links and information.

- 1. Wash hands, sing a song** The most effective way to avoid spreading or catching germs is handwashing. To practice at home, have your child sing the alphabet song or "Happy Birthday to You" from start to finish as they wash the fronts and backs of their hands and in-between fingers. Remind your children to always cough or sneeze into the crooks of their elbows or into their sleeves. Proper handwashing is the best tool against becoming sick!



- 2. Don't forget the shots** Make sure your child's immunizations are up to date. Flu vaccines are also recommended for all school-age children, unless the child has an allergy to the vaccine or a health problem that will cause complications from the vaccine. If your child has Vaccinations that are being given over the summer please feel free to drop off the new immunization records at the school.



- 3. Schedule a check-up:** In New York State, physicals are required to be submitted and on file, when you go for your annual visits have the office provide a copy and send it in to the health office.

#### **4. Students need to remain home resting if they have:**

- Vomited in the last 24 hours
- Had diarrhea in the last 24 hours
- Had a fever in the last 24 hours (without medication)
- Started antibiotics (including antibiotic eye drops) in the last 24 hours
- Have a continuous, uncontrollable cough (if it seems unusual check with medical provider)
- Have unexplained, suspicious rashes (until seen by medical provider)
- Please notify the health office if your student has been diagnosed with a **contagious disease** so we can help keep the Vail Farm community safe.







**5. Reinstate routines:** At least a week before classes start, shift your kids from summer carefree sleep hours to bedtime schedules more in line with the school year. It's also time for them to cut back on playing computer games and watching television. Help your child with this transition by encouraging reading or playing quiet games an hour before going to bed.



**6. Power up with good nutrition** Childhood obesity continues to rise and with it, a greater health risk to those affected. Provide healthy meal options for your kids. This includes breakfast. Students who eat breakfast are more alert during class than those who don't. Plus, the right foods combined with adequate rest will help their bodies fight off infections.



**7. Check for head lice and ticks** Notice any excessive head scratching? Stress the importance to your child of not sharing combs, hats, and clothes, and send your child's own pillow on a sleepover. Do a visual head check at least once a week, particularly for younger children. This time of year, it's a good idea also to do a body-check looking for ticks, as Lyme disease is prevalent in Dutchess County NY.



**8. They'll be tired** Even if your child has spent full days in preschool or daycare, Kindergarten is a busy place. If you pick them up hoping for a full report about the intricacies of their day don't take it personally if they seem tired. Early bedtimes, routines, full meals, down time and a few months to get used to it all will help.



**9. Bathroom Time at School** The expectation is that students entering kindergarten are independent using the bathroom. Many children in kindergarten have accidents, especially at the beginning of the year. Going to kindergarten is exciting but can also be stressful for a young child as they learn new routines and expectations. Some children have accidents simply because they do not remember where the bathrooms are or understand that they can ask to leave the classroom if the need arises. Others have accidents due to anxiety. Please practice using bathrooms outside your home to get them comfortable with using different bathrooms & reinforce bathroom hygiene. The boys bathrooms in the school do have urinals which should be practiced as well. It is helpful to have your child wear easy to remove clothing. Please have a change of clothes available in your child's classroom in case of an accident.



**10. Be aware of allergens** A new school year coincides with a new allergy season. For some kids, it means a runny nose, sneezing, coughing, and watery eyes. For others, these allergens can trigger asthma or lead indirectly to sinus infections. Eating in the cafeteria can present a number of problems for those suffering with food allergies. Discuss any allergy concerns with the Health office as soon as possible in order to develop a plan, and make sure when you arrive at school you follow the plan for your child's classroom.