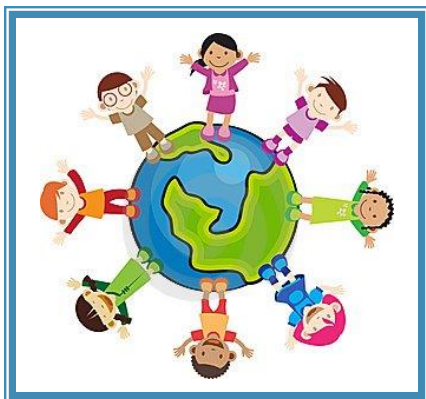




THE STETHO SCOOP



KEEP YOUR SUMMER ACTIVITY HABITS GOING **Move Each Day!**

Physical activity is an essential component of a healthy lifestyle. In combination with healthy eating, it can help prevent a range of chronic diseases. These include the three leading causes of death: heart disease, cancer, and stroke. Physical activity helps control weight, builds lean muscle, reduces fat, promotes strong bone, muscle and joint development, and decreases the risk of obesity.

Kids need 60 minutes of active play each day. This may sound like a lot, but can easily be reached. All physical activity throughout the day can be added together to make your 60 minutes. If you move every day, you are more likely to:

- Feel less stressed
- Feel better about yourself
- Feel more ready to learn in school
- Keep a healthy weight
- Build and keep healthy bones, muscles and joints
- Sleep better at night

****Families can set goals and plan activities that get everyone moving!****

LICE FACTS

Lice outbreaks commonly occur after summer and holiday breaks. Those camps and sleepovers are fun, but parents should always be vigilant about checking your child's head in the weeks afterwards. Head lice commonly cause high levels of anxiety among parents. Please be assured that it is not a sign of poor hygiene, does not carry infections, and does not pose any serious health risks. It is more of a nuisance. It is best to treat aggressively at the first signs

What can you do? Make it part of your routine to check your child weekly for signs of lice. If you are unsure of what to look for, please contact your school nurse. We are here to help! Please call your school nurse or stop by if you have questions.

ILLNESS GUIDELINES

(For All SUSD Schools)

- **Fever:** Please keep your child home from school with a fever 100* or greater. Students may return to school with a temperature less than 100* (without the use of Ibuprofen or Tylenol)--only if the child is fever-free for 24 hours.
- **Rash:** All rashes should be identified by your medical provider. A note should be sent to school identifying the rash as not contagious.
- **Pink Eye/Conjunctivitis:** Conjunctivitis or “pink eye” is highly contagious. Symptoms include: watering, irritation, itching, and redness to the white part of the eye and/or the lining of the eyelids. Swelling of the eyelids, sensitivity to light and a pus-like yellow discharge may occur. Students may not return to school while the eye is still red and draining, or for 24 hours after the initiation of treatment.
- **Vomiting:** Students should not return to school for 24 hours after last episode of vomiting. Episodes of vomiting without fever can be due to virus and may still be contagious to classmates.

Dehydration Facts:

Here are some tips to making getting enough fluids a part of your daily routine:

- 1) Have something to drink when you get up in the morning.
- 2) Carry a water bottle at school and drink the entire bottle before lunchtime — don't wait until you are thirsty!
- 3) Drink water or low-sugar electrolyte drinks before, during and after exercising. Take water breaks every 15 minutes as you exercise.
- 4) Don't forget to finish the school day or practice with fluids at home — this helps make you ready for the next school day.
- 5) Remember —Dehydration as little as 2% can affect your body. You might feel: Cranky, tired, have a headache, or have poor concentration in school.

Immunizations:

****Kindergarten and 6th grade parents pay special attention!**

To avoid a disruption your child's education time, please make sure your child is compliant with immunizations. If you have received a notice from your school nurse, please send in the updated immunizations.