

Nurse's Corner

October

Fall Happenings!

Hello Parents and Guardians,

Welcome Fall! With the weather change comes the beautiful foliage and chilly weather. Please remember to pack a sweater/jacket to wear for outside recess when the weather is colder.

Physicals and immunizations:

If your child has an immunization such as the Flu vaccine, or a physical examination by their doctor, please send a copy to the health office. The state of Massachusetts requires compliance with immunizations and physical examinations for students, and the school health office is required to keep updated records on all students for the Massachusetts department of public health.

Screenings:

Through the first week of November, I will be measuring your child's height and weight per Massachusetts State requirements. Once completed, I will begin vision and hearing screenings on PK1 and then PK2 students.

School health screenings are not diagnostic, they help to identify concerns that may require further assessment by a physician. Each child is screened once, with a second screening occurring several weeks later for those children who did not pass the initial screen. I will only notify parents of children who have failed the second screen, so if you do not hear from me, that means your child has passed the screening. Further information will be provided to parents whose children require additional screening by a physician.

"If your child has had a physical or immunization such as the flu vaccine, please send a copy to the health office."



Keep healthy this flu season

Tips for kids:

1. Wash hands frequently with soap and water.
2. Get plenty of sleep and rest.
3. Teach kids to avoid germ sharing.
4. Stay hydrated.
5. Eat a balanced diet for the right nutrients and vitamins.
6. Stay active, indoors and outdoors!

Hearing and Vision Screenings:

Hearing Screening

Children will be asked to identify 10 pictures presented in 8 descending decibel levels. If your child points to the correct picture it is assumed that he/she can hear at that level of speech. This technique has proven extremely reliable over the past decades in early identification of hearing loss in children. I have included a copy of the pictures used during the screening so you may familiarize yourself with identification of each picture at home.



Vision Screening

Vision screening consists of two separate components: 1. A test of visual acuity and 2. A stereopsis screen. During the visual acuity test, children will be asked to identify four out of five shapes at a distance of 10 feet. Each eye is tested separately using special glasses that block the vision of one eye.

During the stereopsis screen, children will be asked to wear a pair of polarized glasses to locate a smiley face correctly on four out of five presentations.

As with the hearing screenings, I will only notify parents of children who have failed the second screen, so if you do not hear from me, that means your child has passed the screening. Further information will be provided to parents whose children require additional screening by a physician.



Contact information:

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