



NURSE'S NOTES

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Mountain Villa
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What does a Certified School Nurse do?

According to the National Association of School Nursing (NASN, 2010), school nursing is a specialized practice that "advances the well-being, academic success and life-long achievement and health of students". A school nurse promotes health and safety; provides clinical care for illness and emergencies; provides case management services; conducts annual health screenings; monitors immunization records; participates on school safety committees, and much more!

I am pleased to be able to serve the Mountain Villa School community. Please contact me at any time with questions or concerns. I may be reached at jdecostanza@aes.k12.nj.us or 908-852-1894 X303.

Tips to prevent colds and flu

- ✓ Wash your hands often with soap and water.
- ✓ Avoid touching your eyes, nose and mouth.
- ✓ Cover your nose and mouth when you cough or sneeze.
- ✓ Try to avoid close contact with sick people. If you are sick, limit contact with others as much as possible.
- ✓ The Center for Disease Control (CDC) recommends a yearly flu vaccine for everyone 6 months of age and older.

A few reminders...

In an effort to maintain the health of all students and staff, the following guidelines are recommended:

If your child exhibits any of the following symptoms, they should not be sent to school:

- Temperature over 100°F
- Pink eye (conjunctivitis)
- Throat infection (strep) or mouth sores
- Any type of rash
- Diarrhea
- Vomiting

A child must be fever free for a full 24 hours without medication before returning to school.

A child with strep throat or conjunctivitis must be on antibiotics for a full 24 hours before returning to school and must bring a "Return to school" note from the doctor.

Medications can only be administered in school if the school's medication authorization form is completed and signed by the doctor and parent.

School attendance is required by law and is of great importance to your child's educational success, however, there may be times when a child is ill and cannot attend. If a student will be absent, please call the school to report the absence.



Is your child getting enough sleep?

Sleep is just as important to your child's development and well-being as nutrition and physical activity. The amount and quality of sleep we have can affect our safety, memories, moods, behavior, and learning abilities.

School-aged children need between 10 and 11 hours of sleep per night. Signs of sleep deprivation in school-aged children can include: moodiness, irritability and problems with decision making, memory and attention.

How to help your child sleep well:

- ✓ Develop a regular sleep schedule
- ✓ Maintain a consistent bedtime routine
- ✓ Set up a soothing sleep environment
- ✓ Turn off televisions, computers, and radios
- ✓ Avoid caffeine
- ✓ Contact your child's doctor if your child has difficulties falling or staying asleep.



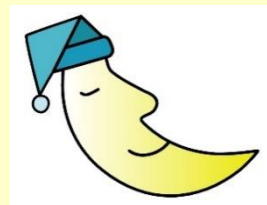
Resource Highlights

Visit the following websites for more great information on these health topics and more:

www.cdc.gov

www.state.nj.us/health

www.kidshealth.org



Kinsa FLUency Program is coming to MVS!

- FLUency is a school health program designed to track and prevent the spread of illness during flu season.
- Kinsa will provide free 'smart' thermometers to families that participate in the program.
- Text "FLUENCYSCHOOL" to 555888 to pre-order a thermometer.

