

News from the Health Room

To our new families *Welcome to Deep Run* and to our returning families, *Welcome Back!* I am your child's cluster nurse, Adriane Breck. Along with Health Assistant, Melanie Hansen, our goal is to keep your child healthy and in school. We would like to share some helpful hints for the start of the year.

- Please place an **extra set of clothes** in your child's book bag. Younger children will have bathroom accidents and the older children will sometimes get messy on the playground. We have very few clothes in the health room and are always accepting donations of used clothes (preferably elastic waist pants/shorts).
- We are very excited to have TeleHealth in our health room again this year. A packet of information and consent form was sent home in your child's Wednesday folder. Please complete and send back. This is a fantastic opportunity to have your child seen by a physician if sick or injured at school with no cost to you and no time missed from work or school. **If you have signed up in years past you **DO NOT** need to sign up again**
- Just a reminder, if your child receives immunizations, please send an updated copy to the health room. Students who are missing immunizations will be notified and without proof, may be sent home. Help avoid this by sending immunization records to the health room.
- The Flu **shot** will be administered in October. We will be administering the injection this year **NOT** the flumist. Please look for more information and the electronic consent in the near future.
- As always, if your child is sick (temperature >100, vomiting, diarrhea more than 3 times) **please keep them at home until they are fever free and vomit free for 24 hours WITHOUT MEDICATION.** Students may attend school if they have occasional diarrhea. When in doubt, give us a call and we can discuss or schedule a telemedicine visit (if appropriate).
- Hearing and vision screenings will be performed on September 23. We will screen 4 year old Pre K students, Kindergarten (if not screened in PK), First Grade, and students who are new to the state of Maryland.

We look forward to a healthy and happy school year with your child. If you have any questions or concerns, please contact us at 410-313-5051.