

Ms. Becki's

Fall 2019

News From The Nurse

Lice Tips

We really do not have a huge problem with lice. The best thing to do is be proactive and follow easy precautions to prevent lice in your home.

- Check your child's hair at least weekly for lice.
- If you find lice, treat immediately.
- You must treat your home as well or they will return.
- Talk with your child about sharing hats, brushes, hair ties with others and also not laying their jacket down in a pile (such as the gym).
- Never let your child try on hats, wigs, costumes in a store.
- If lice is found at school you will get a letter for that classroom, but you will not be told who has lice.
- The CDC and DSHS do not recommend doing mass lice screenings, nor sending students home for lice.

For more info please visit:

<https://www.dshs.texas.gov/schoolhealth/lice.shtml> or
<https://www.cdc.gov/parasites/lice/head/schools.html>

Reminders

- ✓ Your child must be fever free (without taking medicine) for 24 hours before returning to school. The same rule applies for vomiting.
- ✓ If the nurse sends them home then they likely shouldn't return the next day.
- ✓ Put names in jackets and wash them at least weekly.
- ✓ Pre-K & Kinder make sure your child has weather appropriate change of clothes at school.
- ✓ Send chapstick for your child to keep in their backpack. Write their name on it so it doesn't get misplaced.
- ✓ Contact the office immediately if your phone number or address changes.

The More You Know

The top five most virus-contaminated areas in the home are:

1. Telephones (have you cleaned your cell phone lately)
2. Appliances such as the refrigerator and microwave
3. Faucets and bathroom handles
4. Light switch and door handles
5. TV remotes

ALL viruses do not start at school. Think about these areas in public as well, such as the grocery store or gas station.

CONTACT MS. BECKI

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I answer emails all day. The best time to reach me by phone is from:
9am-11am or 1pm-2pm

Note From Ms. Becki

I wanted to send a brief letter home with reminders for everyone. We have been blessed with a pretty healthy year so far! It is sometimes inconvenient, but **always important** to keep your child home when they are sick. Flu season is in full swing so being extra cautious is ok. We practice proper hand washing at school and it should be done at home as well. We do not keep OTC meds (Tylenol, Motrin, Cough Syrup, Benadryl, etc) in the office. You must send the medicine and a permission slip with instructions for your child to have any medicines while at school. I can easily email you the form or send it home in your child's folder to be filled out (completely) and returned with the medication you want given. If your child is diagnosed with a contagious illness please notify the school ASAP so precautions can be taken to lessen the spread of germs. Another thing to remember is that it is **NEVER** ok to give a child fever reducing medicine before sending them to school. Vision & hearing screens have been done for the required grades (Pk,K,1,3,5,7). I will be getting with you soon if your child needs a follow-up with Dr. It is important for us to keep kids healthy and happy so they can be successful learners! I love them all and thank you for sharing them with us! If you ever have concerns or questions please contact me!