



John Fenwick School
Salem, NJ

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Winter 2013

From The Health Office

Flu Season is Here

This is the first year since 2003 that cases of the seasonal influenza have been detected so early in the season. The seasonal flu is now wide spread throughout the East Coast.

We can help stop the spread of the flu by doing a few things. All pre-school students are required to have a flu shot. It is recommended that all other students receive a flu shot. Encourage your children to cover their coughs with their elbow, using tissues to wipe their noses and washing their hands frequently.

People who have the flu often feel some or all of these signs and symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)

If your child experiences any combination of these symptoms, please keep them home and have them seen by your doctor.

Immunizations

All children going from pre-school into kindergarten are required to have updates on their immunizations. These immunizations include a DTaP, Polio, and MMR. These immunizations are typically given to your child by their doctor any time after their fourth birthday. Please be sure to give the school nurse an updated copy of your child's immunization record anytime vaccines are given.

Is It Just a Cold?

A cold usually includes a runny nose, sore throat, sneezing, and coughing. These symptoms can last for up to two weeks.

When germs that cause colds first infect the nose and sinuses, the nose makes clear mucus. This helps wash the germs from the nose and sinuses. After two or three days, the body's immune cells fight back, changing the mucus to a white or yellow color. As the bacteria that live in the nose grow back, they may also be found in the mucus, which changes the mucus to a greenish color. This is normal and does not mean you or your child needs antibiotics.

Signs and symptoms of the common cold include sneezing, stuffy or runny nose, sore throat, coughing, watery eyes, mild headache and mild body aches. See a Healthcare Provider if you or your child has:

- Temperature higher than 100.4° F
- Symptoms that last more than 10 days
- Symptoms that are not relieved by over-the-counter medicines

Pennies for Patients Campaign

The students at John Fenwick Elementary School continue to collect coins for the Leukemia and Lymphoma Society. The money collected will be used towards research for the treatment of leukemia and lymphoma in children. Funds raised will also help families of children who are currently under treatment for leukemia and lymphoma. Our goal this year is to raise \$500.00. Currently we are half way to our goal. Keep bringing in all the coins that you can. There will be a prize for the first and second top raising classrooms. So far we have raised \$302.71!

School Garden

Starting in March preparations will begin for our school garden. 2nd grade students will be participating in this new and exciting endeavor. More information will be coming!

Reminder to Parents

The following items are snacks approved for classrooms distribution:

1. goldfish
2. baked potato chips
3. animal crackers
4. fat free yogurt
5. sugar free jello
6. 100 calorie snack packs
7. 100% fruit or vegetable juice
8. Pretzels
9. Fruit or vegetable trays purchased through Metz Food Service
10. popcorn

Well Child Care: A check-up for Success

Taking your child to the doctor for an ear infection or a cold is one type of visit. Well child care is a chance to raise questions and concerns about your child's development, behavior, and general well-being. These questions might be difficult to discuss during a sick visit. Having regular well-child visits with your child's doctor and raising the concerns that matter most to you are key ingredients in helping the doctor know you and your child, and in forming a reliable and trustworthy relationship. Please be sure to make a well child visit once a year.



Be sure to remember to brush your teeth twice a day – once in the morning when the sun comes up and once at night when the sun goes down. Visit your dentist at least once a year for a check-up