

Eagle Healthy Habits

School Nurse Newsletter

Oct 2011



Join the staff of Lake Forest Charter and get Passionately Pink every Friday for the month of October. Students are **only** allowed to wear their pink field day T shirts.

Passionately Pink for the Cure[®] is an awareness and fundraising program benefiting Susan G. Komen for the Cure[®]. The goal is to end breast cancer forever by supporting the work of the organization started by one sister and named for the other.

Who is at Risk for Breast Cancer?

Everyone is at risk for breast cancer. The two most important risk factors are being female and getting older. Most women diagnosed with breast cancer have no other known factors.

How Can I Reduce My Risk of Getting Breast Cancer?

There is no sure way to avoid breast cancer. But, you can do things that may improve your overall health. Like eating a well balanced diet and exercising at least three times a week.

Be sure to visit

www.komenneworleans.org to find out how you can give and also receive free or low-cost mammograms.



Peanut and Nut Allergies

Peanut/nut allergies can be life threatening. Because of this we are asking all parents to send snacks, lunches and celebration treats that do not contain peanut or nut products.



Practice Makes Perfect!

Parents please help prevent falls by practicing with our little eagles and reminding our big eagles to tie shoe laces.

Also, parents of students in grades Pre K and Kindergarten make sure your child has a complete uniform change of clothes (including socks and underwear) at school.

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When to Stay Home From School or Work



Immunizations

Greater New Orleans Immunization Network (shot bus) will be at our school on Nov. 2nd to give **FREE** shots to any student that is not up to date.

They also have seasonal flu shots for children 6 months through 18 years old. These shots are available at any mobile unit location. Check website at www.GNOshots4kids.com to see when the bus will be in your area or call (504) 733-3268. You must bring a copy of your child's shot record if they are not in the LINKS database.

Parents, remember to keep immunization records current. It is a state law that every student attending school is up to date on his/her immunizations.



The timing of flu is very unpredictable and can vary from season to season. Flu activity most commonly peaks in late Fall to early Spring.

Fever - 100 degrees or higher - A fever is a sign of illness. A child with a temperature of 100 degrees or higher should not attend school. The child should be free of fever for 24 hours before returning to school.

Vomiting/Diarrhea - A child who has vomited should wait 24 hours and be able to retain solid foods before returning to school. A child who is having frequent diarrhea stools should not attend school.

In addition, you can take everyday preventive steps like staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with the flu or other illness, stay home from work or school to prevent spreading your germs to others.

Screenings



Vision

New Orleans Speech & Hearing will begin hearing and vision screenings on October 27th for Pre K and Kindergarten students.



Lost and Found

Please check the lost and found located in the Nurse's Office. Remember to label **all** of your children's items for school.