



Welcome to another school year from the nurse's office. First of all a big round of applause to all the parents of students in preschool, kindergarten, second, and ninth grades who have handed in the school physicals, dental forms, and eye examination forms, which the state of Illinois requires for those grade levels. Preschool students must have physical exams upon entering their program. The physical exams are good for 2 years in this program. Kindergarten students must have physical exams, dental exams and eye exams when entering school. Second grade students are required to have only dental exams. Sixth grade students are required to have physical and dental exams completed. Ninth grade students are only required to have physical exams completed. If you don't have these completed for your student in these grade levels, please do this as soon as possible.

Just a reminder, especially for junior high and high school students, if you need an inhaler and carry it with you at school or at any extracurricular activities, I must have a medication form completed and signed by your physician on file in the nurse's office. Parents can call the doctor's office, have the doctor complete a medication form, and fax it to me at school. The school fax number is 815-443-2237.



Sleep is important for learning. It is always hard to get into the habit of going to bed earlier after having the summer time free. Students who don't get enough sleep aren't able to concentrate in class and do their best. It is recommended that students in Kindergarten through 6th grades get 10 to 12 hours of sleep each night. Students in grades 7 through 12 should get at least 8 hours of sleep to do their best in school. Getting this much sleep may be a challenge for some students, between working, school, and sports schedules, however, they will do better in all areas if they can get the necessary amount of sleep.

Child hood obesity has been a topic in the news lately and is a concern to everyone. How can we help to promote healthier children by making little changes at home? First, if children are hungry after school they will tend to eat what they see first. Try replacing cookies, cupcakes, or other sweets sitting on your cupboard with a bowl of assorted fresh fruit. Second, children learn by the example they see their parents doing. As we get into fall, the early evenings will cool down faster. Try taking a walk, short bike ride, or other physical activity as a family for 15 to 30 minutes each evening. Take a short walk and have the kids see how many different things they can see as you walk. If this activity is done after eating it will help to burn off some of the calories you just ate plus help the kids to unwind from the activities of the day. Remember the activity will be as beneficial for parents as it is for the kids. Third, if you bring treats for the classroom, whether it is just for snack time, class parties, or birthday treats, I would like to challenge you to try to bring healthier snacks to school. Examples of healthy snacks would be—baked chips instead of fried chips, trail mix with cereal, nuts, dried fruits, fresh fruits and vegetables with dip, foods low in sugar and salt, and more. Be creative and you will see that the kids will really enjoy it too. Talk to your student's teacher to see if there are any students in your child's class that may have food allergies or medical conditions which might need to be considered in your choice of snack.

Feel free to call me if you have any questions or concerns. Have a good month.

Nurse Deanna