

Nurse's News letter
June, 2010

Dear Parents and Guardians

Important Reminder

As soon as possible please send documentation of physicals and immunizations with your children. This is an admission requirement for the school for the fall of 2010.

Fun in the Sun

Some helpful reminders:

- Apply sunscreen at least 30 minutes before going outside. This applies to cloudy days as well. The SPF should be at least 15 and protect against UVA and UVB.
- Wear sunglasses and cotton clothing with a tight weave.
- Stay in shade when possible and limit sun exposure during the hours between 10am and 4pm.

Pool Safety

- Never leave children alone in or near pool, even for a moment.
- Infants and toddlers should be within arm's reach of the adult when in or around the pool.

Bug Safety

- Don't use scented soaps, perfumes or hairspray on your child.
- Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom.
- Don't dress child in bright clothes or flowery prints.
- Combination sunscreen/insect repellent products should be avoided because sunscreen needs to be reapplied every two hours, but the insect repellent should not be reapplied.

Bicycle Safety Tips

- Sources for Bicycle Safety Tips are:
- www.aap.org/family/bicycle.htm
- www.aap.org/family/tbikemyth.htm

Lawnmower Safety

- Source for safety:
- www.aap.org/family/tiplawn.htm

Enjoy a safe and wonderful summer and I look forward to seeing everybody in the fall.

Laura Cavicchi RN