

Mason Elementary School  
13 Darling Hill Rd.  
Mason NH 03048

Nurses Notes

1/27/16

While it's not quite spring, Mother Nature has given us a taste of the muddy season! We are already over half way through the year, so let's get some spring cleaning topics out of the way.

Please be sure to send your child in to school with the appropriate clothing (Boots and outdoor gear, sneakers/slippers for class time etc...). We want them to be able to go outside and play, without worry of discomfort due to the mud and melting snow. (No one wants soaked shoes and socks for the entire day!) A spare change of clothes should also be in their back packs at all times.

While we are all thinking spring, and cleaning, I'd like to take the opportunity to make you aware of a program that may help you to remove unwanted medicine in your cabinet. The Hollis Police Department has a drop box at their facility in Brookline NH for 24 hour, 7 days a week free, no questions asked drop and go service for any unwanted medication. Please visit their web page for more information at: <http://www.hollisnh.org/police/> .

Please remember to state the reason for which you have your child out when they are sick. I am always trying to stay abreast of possible patterns of illness. The information you give will help if I am aware of the specific symptoms your child is experiencing.

As a thank you for the vision screenings the Lions Club has provided to our students for free this year, I thought it may be nice to take up a collection of old, unwanted glasses for them to refurbish and donate to the less fortunate. I will be placing a box in the health office for any old glasses and frames. Please consider helping me fill it.

Also, if you noticed that one of the *School Health* reusable hot/cold packs made its way home with your child, please return it as soon as possible.

Don't forget to ask your children what the food of the month was. Chef Deb and I enjoy exposing the students to new things, and the kids love trying them! As always, feel free to call the health office at anytime during school hours with any questions or concerns you may have.

Wishing you good health,

Danielle Carrier RN  
School Nurse  
(603) 878-2962 x18