



Mason Elementary School
13 Darling Hill Road
Mason NH 03048
Mason.sau89.org

Nurse Notes

Dear Parent/Guardian,

8/20/19

Happy fall to all, and hopes for a safe return to school. I am looking forward to the start of a new year of watching your children grow and prosper over the upcoming months. During the first few weeks of school, I will do lice, height and weight screenings as time allows. This also gives me opportunity to reconnect with returning students as well as introduce myself to new students.

As the year progresses, I will be sure to keep abreast of pertinent information from the CDC, and the NH Department of Health and Human Services (DHHS). When appropriate, I will post or send home information that I think would be beneficial to families of our school and community to help keep us all informed of the latest health information available.

I will also be posting to the website several information fact sheets on some of the more common afflictions seen in school age children. I also post Monthly Health observances for your information. If you need any further information, or help finding it, please call the health office and I'll do what I can to help. Starting in October, as time allows, I will be doing routine health screenings for vision and hearing. We also try to have the Lions Club come yearly for vision and the Monadnock Healthy Teeth to Toes program comes for oral health education and dental screenings every year as well. Please see your first day packets for permission slips!

In an attempt to bring the message of healthy eating habits and better food choices to our students, Chef Deb and I would like to continue with the "Try Something New" program. We have had great success and lots of fun introducing fresh fruits and veggies to the students. It's only once a month, but it's something extra and fun for the kids! Please see our website or contact me anytime for more information.

If you have any questions or concerns, please do not hesitate to contact me any time during the school day. In the mean time, here are some great resources you may visit to keep your kids safe, happy and healthy!

<https://kidshealth.org/> <https://www.dhhs.nh.gov/>
<https://www.cdc.gov/> <https://www.nh.gov/safety/divisions/nhsp/offenders/disclaimer.html> .
<https://www.nsc.org/home-safety/seasonal-safety/back-to-school;>

For a Healthy, and Safe School,

Danielle Carrier RN
Mason Elementary School Nurse
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