

Mason Elementary School
13 Darling Hill Rd
Mason NH 03048
(603) 878-2962

Nurse's Notes

Dear Parent/Guardian,

5/12/25

Please remember that any medication you have left in the health office needs to be picked up **by an adult** at the end of the school year. New forms must be filed yearly. Please see the school website at: mason.sau89.org for the necessary paperwork for next year's enrollment. You may print from it at any time, and use it at your next Doctor's appointment.

Our Lost and Found has really piled up! Please take a moment to take a peek at the collection to see if anything looks familiar. Any items left at the end of the year will be donated either to charity or to the health office.

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.

With spring and summer upon us I am seeing a rise in the tick population. (Mosquito and black fly bites as well!) According to the New Hampshire Department of Health and Human Services, ticks carry several diseases, and over 60% of deer ticks found in many parts of NH are infected with Lyme disease. While there are measures you and your family can take to protect yourself when enjoying the outdoors (Insect repellent and sunscreen can be applied before school.), the most important of these is to do your "Tick Checks" daily. Making this a daily routine will ensure you don't have any unwanted "guests" crawling on your skin!

Lastly, as a safety note, I want to bring awareness that some of the popular drinks we see coming in with the kids may have caffeine in them. Please ensure that you know what you are getting at the drive through BEFORE you purchase. (And some of the counter clerks may not be completely informed.) I was recently very surprised to learn that despite being tea free, the syrups to flavor the "refreshers" DO contain caffeine! Who knew??? Feel free to call me at any time during the school day if you would like more information.

Wishing you a safe and healthy summer,

Danielle Fisher RN
(School Nurse)

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