



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

Nurse Notes

Dear Parent/Guardian,

8/31/22

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. Starting in October, I will begin routine lice, height and weight, vision and hearing screenings as time allows. This also gives me opportunity to reconnect with returning students as well as introduce myself to new students. If you do not wish your child to be screened, for any of the above, please email or call me to let me know by October first.

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. As of now, the pandemic guidelines have eased up considerably. There is no more quarantine for anyone exposed. Household exposures should be wary to track any symptoms and have option to wear a mask for 5 days. The expectation, as always, is for students to stay home when they are sick. If students test positive with Covid, we must still fulfill the 5 days of Isolation at home before returning with mask on, day 6-10 and well enough to do so. (There are options to test negative to go without the mask.) If you need any further information, access to testing, or help finding resources, please call the health office and I'll do what I can to help.

In an attempt to bring the message of healthy eating habits and better food choices to our students, I would like to reintroduce the "Try Something New" program. We have had great success and lots of fun introducing fresh fruits and veggies to the students in years past. 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.nsc.org/home-safety/seasonal-safety/back-to-school;>

For a Healthy and Safe School,

Danielle Carrier RN
Mason Elementary School Nurse
(603) 878-2962 ext. 18