



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

Nurse Notes

Dear Parent/Guardian,

8/30/24

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.

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.

The expectation, as always, is for students to *stay home when they are sick*. As a general reminder, your child must stay home for **24 hours from the last symptom of fever, or vomiting, without the use of fever reducing medications**. If your student does fall ill, please call the Front office to report their absence and you may be transferred to me or email me if you have any questions or concerns. I will do my best to help you and your family navigate any concerns in all things health.

I'd like to let you know that the First United Methodist Church in Manchester has a weekly food and clothing pantry for the less fortunate. If you have unwanted, gently used, and laundered items that you want to get rid of as your child out grows them, please bring them to the Health Office and I'd be happy to drop them off for you.

In an attempt to bring the message of healthy eating habits and better food choices to our students, I would like to continue 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.

In the meantime, 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;>

Be well,

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