

November 2020



NOTES FROM THE



Nurse

Tri-Village Local School District Health Clinic

Prepared by Mrs. Fritz

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REQUIRED SCHOOL IMMUNIZATIONS

All 6th grade students and 11th grade students are required to have additional immunizations before the start of their 7th and 12th grade year.

- ★ Immunizations can be received anytime this year to count toward next year's requirements.

**Please provide a copy of your immunization record to the school nurse after you receive these shots.*

- ❖ REQUIRED FOR 7TH GRADE: (must be received ON OR AFTER AGE 10 to count toward the 7th grade requirement)
 - Tdap vaccine
 - Meningococcal vaccine
- ❖ REQUIRED FOR 12TH GRADE: (must be received ON OR AFTER AGE 16 to count toward the 12th grade requirement)
 - Meningococcal vaccine

COVID UPDATES

DON'T FORGET TO WASH YOUR MASK!

Masks can be hand washed or machine washed. Always wear a clean mask.



TIP: pack an extra mask in your backpack!



Continue to check the school website for coronavirus updates and procedures.

<https://www.tri-village.k12.oh.us/>

The school district will continue to follow all state and local guidelines.

HEARING AND VISION SCREENING

Hearing and vision screenings are still in process. Please let me know if you have any questions or concerns about your child's hearing or vision.

FLUORIDE SWISH PROGRAM the fluoride swish program has been cancelled by the Ohio Department of Health.

THE MOBILE DENTIST VISIT HAS BEEN POSTPONED UNTIL SPRING 2021 DUE TO COVID.

WELLNESS


THERE WILL BE A WELLNESS MEETING ON MONDAY, NOVEMBER 9TH AT 2:55PM. PLEASE CONTACT THE SCHOOL NURSE IF YOU ARE INTERESTED IN ATTENDING. THE LOCATION WILL BE DETERMINED.

Please remember to send a water bottle to school with your child.

****Do not send glass bottles.***


KIDS NEED WATER

5 GLASSES
TO KEEP 5-8YR OLDS HYDRATED



Our Body is more than

70% WATER




Water is a vital nutrient transporting oxygen to cells and waste away. It maintains blood volume in your body and is used by all organs.


Our Bodies need water for

LUNGS 90%	BRAIN 75%
LIVER 70%	BONES 25%
BLOOD 80%	SKIN 80%

7 GLASSES
TO KEEP 9-12YR OLDS HYDRATED




You can **SURVIVE WEEKS WITHOUT FOOD** BUT ONLY **DAYS WITHOUT WATER.**



AVOID
SUGARY DRINKS
SOFT DRINKS
JUICE

2 LITRES
(8-10 GLASSES)
TO KEEP 13+YR OLDS HYDRATED



Children are at **GREATER RISK** of


DEHYDRATION

Their bodies don't cool down efficiently and they don't always recognise they're thirsty.


FOODS

Can provide 20% of a bodies water needs the rest must come from liquids.

NATURAL SOURCES OF WATER




SIGNS



- THIRSTY
- HEADACHES
- TIRED/LETHAGIC
- LACK OF FOCUS
- DRY SKIN
- SUNKEN EYES
- PALENESS
- DARK COLOURED URINE
- SUNKEN FONTANELLE
(SOFT SPOT ON BABIES HEAD)

TIPS



- TAKE** a water bottle when you leave the house
- DRINK WATER**
 - before & after sport
 - During meals
- BUY** a new drink bottle or fun curly straw
- ADD** slices of lemon/orange
- HAVE** a bottle of water in fridge

your **BODY TEMPERATURE** is regulated by how much water is in your body.

water for life!