

Spring: Notes from Mrs. Fritz...

CPR/Basic First Aid



Did you know that CPR and AED education are a graduation requirement? All 9th grade students will receive this instruction at school in May.

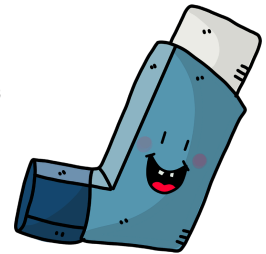
MEDICATIONS

This is a reminder that any medications kept in the school clinic must be picked up by a parent no later than 1:00pm on the last day of school.

According to school board policy, medications cannot be kept at the school over the summer and any medications not picked up must be discarded.

Please contact the school nurse prior to this date to make other arrangements if necessary.

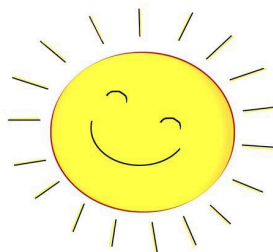
*Medications cannot be sent home with students.



SUN SAFETY

Remember, it's not just about sunscreen...

- Apply lip balm with SPF 30 and reapply regularly
- Cover up by wearing wide-brimmed hats, sunglasses with UV protection and protective clothing
 - Seek shade whenever possible
- Avoid prolonged sun exposure between 10 a.m. and 4 p.m.
 - Drink plenty of water



Scoliosis screenings will occur in May. Information will be sent home with all 6, 7, & 8th grade students. Please let me know if you have any questions or concerns. -Nurse Jodi

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Plan ahead for the next school year....

All 6th grade students and 11th grade students are required to receive:

The Meningococcal/ Menveo Vaccine:

Meningococcal ACWY vaccine can help protect against meningococcal disease caused by serogroups A, C, W, and Y. A different meningococcal vaccine is available that can help protect against serogroup B.

Meningococcal disease can cause meningitis (infection of the lining of the brain and spinal cord) and infections of the blood. Even when it is treated, meningococcal disease kills 10 to 15 infected people out of 100. And of those who survive, about 10 to 20 out of every 100 will suffer disabilities such as hearing loss, brain damage, kidney damage, loss of limbs, nervous system problems, or severe scars from skin grafts.

Adolescents need 2 doses of a meningococcal ACWY vaccine:

- First dose: 11 or 12 year of age (meets 7th grade requirement)
- Second (booster) dose: 16 years of age (meets the 12th grade requirement when given on or after age 16)

The Tdap Vaccine:

Tdap vaccine can prevent tetanus, diphtheria, and pertussis.

Diphtheria and pertussis spread from person to person. Tetanus enters the body through cuts or wounds.

- TETANUS (T) causes painful stiffening of the muscles. Tetanus can lead to serious health problems, including being unable to open the mouth, having trouble swallowing and breathing, or death.
- DIPHTHERIA (D) can lead to difficulty breathing, heart failure, paralysis, or death.
- PERTUSSIS (aP), also known as “whooping cough,” can cause uncontrollable, violent coughing which makes it hard to breathe, eat, or drink. Pertussis can be extremely serious in babies and young children, causing pneumonia, convulsions, brain damage, or death. In teens and adults, it can cause weight loss, loss of bladder control, passing out, and rib fractures from severe coughing.

Adolescents should receive a single dose of Tdap at age 11 or 12 years.

*** Vaccines can be exempted due to religious or philosophical beliefs. ***

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If you need an exemption form, please contact Mrs. Fritz.

Students are allowed to carry water bottles at school.


TRI-VILLAGE HAS SEVERAL WATER BOTTLE FILLERS ON CAMPUS.
FILLERS ARE LOCATED AT THE WATER FOUNTAINS.

KIDS NEED WATER


5 GLASSES
TO KEEP 5-8YR OLDS
HYDRATED




7 GLASSES
TO KEEP 9-12YR OLDS
HYDRATED



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



Our Body is more than
70% WATER



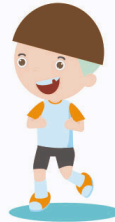
Water is a vital nutrient transporting oxygen to cells and waste away. It maintains blood volume in your body and is used by all organs.

Our Bodies need water for


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

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

Children are at **GREATER RISK** of
DEHYDRATION
Their bodies don't cool down efficiently and they don't always recognise they're thirsty.

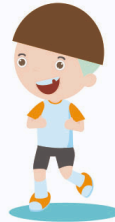


SIGNS



- THIRSTY
- HEADACHES
- TIRED/LETHARGIC
- 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

AVOID
SUGARY DRINKS
SOFT DRINKS
JUICE

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

NATURAL SOURCES OF WATER

- WATER
- FRUITS AND VEGETABLES
- SHOWER

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

water for life!