

# Health Services Newsletter

September 2018

## Wildcat Wellness!

*By Doreen Crowe, MEd, BSN, RN*

*Director of Nursing Services*

By now, everyone should be back to re-establishing routines and rituals. The nights are beginning to become longer than days and it's almost time for the Fall Equinox. In the Northern Hemisphere, fall will officially begin on September 22<sup>nd</sup>. The weather is refreshing and it's a great time of year to be outside & have some family fun!

Fall is also a great time of year to check your **first aid supplies, stock up on fever-reducing medication and replace the batteries on your digital thermometer**. Cold and flu season is right around the corner, so don't forget to schedule an appointment with your primary care provider for your annual Flu vaccine. The CDC recommends yearly flu vaccination for everyone age 6 months and older!

The Wilmington Nursing Team is very busy reviewing student medical information, teaching students about food allergies and managing the daily needs of students and staff in all of our schools. Feel free to reach out to your child's School Nurse by email or phone for any questions or concerns. Wishing all of you a healthy and happy school year!

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*Aspen Student Emergency Information Forms are required to be completed annually by the first day of school. If you haven't already done so, please log onto Aspen to review your child(ren's) information. For assistance, please contact [AspenHelp@wpsk12.com](mailto:AspenHelp@wpsk12.com)*

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- How Much Sleep Does My Child Need?
- Test your Lice Knowledge
- Medication Drop-off Checklist
- Self-care Calendar



## School Nurse Contacts

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# How Much Sleep Does My Child Need?

## Sleep Guidelines

AGE	RECOMMENDED SLEEP HOURS
Preschoolers: 3-5 years	10-13 hours (including naps)
Gradeschoolers: 6-12 years	9-12 hours
Teens: 13-18 years	8-10 hours



Resource: [www.healthychildren.org](http://www.healthychildren.org)

### TEST YOUR LICE KNOWLEDGE

1. An estimated 6 to 12 million infestations of head lice occur in the United States annually among children age 3 to 11 years. **Myth** **Fact**
2. Only dirty people get head lice. **Myth** **Fact**
3. Head lice carry diseases. **Myth** **Fact**
4. Head lice can be spread by sharing hair brushes, hats, clothes, and other personal items. **Myth** **Fact**
5. Head lice can jump, fly, swim and can live anywhere. **Myth** **Fact**
6. You can use home remedies like mayonnaise to get rid of head lice. **Myth** **Fact**

### Answer Key:

1. Fact
2. Myth - Personal hygiene and household or school cleanliness are not factors for infestation. In fact, head lice often infest people with good hygiene and grooming habits.
3. Myth – Head lice do not spread diseases.
4. Myth - It is uncommon to spread head lice by contact with clothing or other personal items, such as combs, brushes, or hair accessories, that have been in contact with a person with head lice.
5. Myth - Head lice cannot jump, swim or fly, and only move by crawling. It is unlikely to find head lice living on objects like helmets or hats because they have feet that are specifically designed to grasp on to the hair shaft of humans. Additionally, a louse can only live for about a day off the head.
6. Myth - There is no scientific evidence that home remedies are effective treatments.

Resource: [www.NASN.org](http://www.NASN.org)

## Medication Drop-off Checklist

**\*\*Important:** Medications & Doctor's Orders must be provided annually at the beginning of every school year.

Before dropping off Medication to the School Nurse, I've checked the following:

- Medication order form completed by physician & parent (for all prescription & non-prescription medication)
- Prescription Medication is supplied in Prescription labeled container
- Non-Prescription Medication is supplied in Manufacturer labeled container (not in a baggie)
- Medication delivered to School Nurse by a responsible adult (may not be sent in student's backpack)
- For Pills, I have 30 pills or less
- For Antibiotics, I don't need a signature from physician because the Prescription label is acceptable, but I completed a Medication Order Form. I also obtained a separate bottle of medication to be kept in the Nurse's office

*The mission of our comprehensive school health services is to maintain school health for all aspects of development so every student will succeed in school - physically, emotionally, intellectually & socially. In order to accomplish such optimal wellness, we must develop a strong link between parents, school, community resources and the school health office. Together we can help your child succeed.*

# Self-care Calendar

This Self-Care September Calendar has daily suggested actions to do throughout September 2018 to help you be kinder and more compassionate to yourself.  
Pick a few to try for yourself or for your family.




## ACTION CALENDAR: SELF-CARE SEPTEMBER 2018




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
   <p style="font-weight: bold; font-size: 1.1em;">"Treat yourself as you would treat a good friend" - Dr Kristin Neff</p>					<div style="background-color: #e91e63; color: white; padding: 5px; font-size: 0.9em;"> <b>1</b> Recognise that self-care isn't selfish. It's essential         </div>	<div style="background-color: #4caf50; color: white; padding: 5px; font-size: 0.9em;"> <b>2</b> Talk to yourself like you would to someone you love         </div>
<div style="background-color: #2196f3; color: white; padding: 5px; font-size: 0.8em;"> <b>3</b> Free up time in your diary by cancelling any unnecessary plans         </div>	<div style="background-color: #e91e63; color: white; padding: 5px; font-size: 0.8em;"> <b>4</b> Forgive yourself when things go wrong. We all make mistakes         </div>	<div style="background-color: #e91e63; color: white; padding: 5px; font-size: 0.8em;"> <b>5</b> Notice what you are feeling today, without any judgment         </div>	<div style="background-color: #4caf50; color: white; padding: 5px; font-size: 0.8em;"> <b>6</b> Avoid saying 'I ought to' or 'I should' to yourself         </div>	<div style="background-color: #2196f3; color: white; padding: 5px; font-size: 0.8em;"> <b>7</b> Remember it's ok not to be ok. We all have difficult days         </div>	<div style="background-color: #e91e63; color: white; padding: 5px; font-size: 0.8em;"> <b>8</b> Plan a fun or relaxing activity this weekend and make time for it         </div>	<div style="background-color: #e91e63; color: white; padding: 5px; font-size: 0.8em;"> <b>9</b> Remind yourself that you are loved and worthy of love         </div>
<div style="background-color: #4caf50; color: white; padding: 5px; font-size: 0.8em;"> <b>10</b> Give yourself permission to say No to requests from others         </div>	<div style="background-color: #2196f3; color: white; padding: 5px; font-size: 0.8em;"> <b>11</b> Find a new way to use one of your strengths or talents today         </div>	<div style="background-color: #e91e63; color: white; padding: 5px; font-size: 0.8em;"> <b>12</b> Aim to be good enough, rather than perfect         </div>	<div style="background-color: #e91e63; color: white; padding: 5px; font-size: 0.8em;"> <b>13</b> Find a caring, calming phrase to say to yourself when feeling low         </div>	<div style="background-color: #4caf50; color: white; padding: 5px; font-size: 0.8em;"> <b>14</b> Be willing to share how you feel and ask for help when needed         </div>	<div style="background-color: #2196f3; color: white; padding: 5px; font-size: 0.8em;"> <b>15</b> Stop the glorification of 'busy'. It's good to take a break         </div>	<div style="background-color: #e91e63; color: white; padding: 5px; font-size: 0.8em;"> <b>16</b> Make time today to do something you really enjoy         </div>
<div style="background-color: #e91e63; color: white; padding: 5px; font-size: 0.8em;"> <b>17</b> Notice the things you do well today, however small         </div>	<div style="background-color: #4caf50; color: white; padding: 5px; font-size: 0.8em;"> <b>18</b> Don't compare what you feel inside to how others appear outside         </div>	<div style="background-color: #2196f3; color: white; padding: 5px; font-size: 0.8em;"> <b>19</b> Leave positive messages where you will see them regularly         </div>	<div style="background-color: #e91e63; color: white; padding: 5px; font-size: 0.8em;"> <b>20</b> Accept your mistakes as a way of helping you make progress         </div>	<div style="background-color: #e91e63; color: white; padding: 5px; font-size: 0.8em;"> <b>21</b> You matter. Remember that you are enough, just as you are         </div>	<div style="background-color: #4caf50; color: white; padding: 5px; font-size: 0.8em;"> <b>22</b> Get active outside and give your mind &amp; body a natural boost         </div>	<div style="background-color: #2196f3; color: white; padding: 5px; font-size: 0.8em;"> <b>23</b> No plans day - make time to slow down and be kind to yourself         </div>
<div style="background-color: #e91e63; color: white; padding: 5px; font-size: 0.8em;"> <b>24</b> Look at photos from a time with happy memories         </div>	<div style="background-color: #e91e63; color: white; padding: 5px; font-size: 0.8em;"> <b>25</b> Write down three things you appreciate about yourself today         </div>	<div style="background-color: #4caf50; color: white; padding: 5px; font-size: 0.8em;"> <b>26</b> Think of a previous mistake you're glad you made and why         </div>	<div style="background-color: #2196f3; color: white; padding: 5px; font-size: 0.8em;"> <b>27</b> Release yourself from inner demands and self-criticism         </div>	<div style="background-color: #e91e63; color: white; padding: 5px; font-size: 0.8em;"> <b>28</b> Ask a trusted friend to say what they like about you         </div>	<div style="background-color: #e91e63; color: white; padding: 5px; font-size: 0.8em;"> <b>29</b> Take your time. Find space to just breathe and be still         </div>	<div style="background-color: #4caf50; color: white; padding: 5px; font-size: 0.8em;"> <b>30</b> Let go of other people's expectations of you today         </div>

ACTION FOR HAPPINESS







[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)

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### Notice of Non-Discrimination

All educational and non-academic programs, activities and employment opportunities at Wilmington Public Schools are offered without regard to race, color, sex, religion, national origin, ethnicity, sexual orientation, gender identity, homelessness, age and/or disability, and any other class or characteristic protected by law.