



Waterford Street School
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Rebecca M. Boutwell RN BSN

Health Office Update

Dear Parents/Guardian,



I have given out many items of clothing for many reasons. I ask you please to pack an extra pair of clothes (including underwear) for your child and they can keep it on the top shelf of their locker or cubbie. That way if this happens to your child, he/she can change quickly and go back to class or lunch/recess quickly. I have given out many clothes this year, so I do not have many clothes left to give.

Frostbite and Frostnip

Now that we've been out in the snow for a while, remember to watch for frostnip and frostbite.

Frostnip is an early warning sign of frostbite. It leaves the skin white and numb. If you see this, remove your child's clothing on affected area and immerse the chilled body part in **warm** (not hot) water until they are able to feel sensation again.

Frostbite is different. The area of skin becomes very cold and turns white or yellowish gray. Do not rub or massage the frostbite area. If you suspect frostbite, call your child's physician or visit the local emergency room. Remember to have your child/children check with you regularly to make sure their mittens are dry and warm and their noses and cheeks are not too red.



Don't forget your lips! Many children have been coming down with chap lips. Your child can keep Chap Stick in their classroom desk to keep those lips from cracking!



When it is warm enough for the children to return outside for recess, please make sure that they have a hat and mittens. Your child will **NOT** be allowed to be in the snow unless they have the following: Hat, mittens (gloves), snowpants and boots!



If your child comes to school with any over the counter medication, it will be taken away from them. For the safety of your child and others, children cannot transport medication. If your child needs medication during the school day, please call the nurse.



If your child is going to be celebrating a birthday, please do not bring in any outside food. In compliance of the wellness policy as well as multiple allergies, we continue to request that no outside food be brought into the classroom.

My goal is to keep your child/children as healthy as they can be during school hours to enhance their learning. Please call if I can be of assistance.

Keep those hands washed; stay healthy and safe in the winter wonderland!

Rebecca Boutwell RN BSN

