

Nurse's Notes:

The DISEASE OF THE MONTH is “church fainting.” Several children feel “faint” at church each week. This can be due to blood pooling in the legs while standing or kneeling at church. Another possible cause is low blood sugar, if they did not eat a good breakfast. It is more common in the warm months, when church is less cold. The best remedy is PREVENTION. Please make sure they eat a good breakfast containing protein before school. Encourage them to bend their knees when standing for long periods, and “bounce” to increase circulation to the legs. Although children appear very pale and sweaty when this happens, they usually recover completely after lying down, drinking water, and eating some crackers. In healthy children, there is no need for alarm. However, if it occurs repeatedly or if they have underlying medical issues, they should see a physician.

Reminders: Please read the Parent/Student Handbook for all First Aid policies. Children are NOT allowed to bring any medication to school. Students have to be free of fever, vomiting, or other symptoms for 24 hours before returning to school. At this time, First Aid is not in need of any uniforms, lack of storage space is an issue. Please watch future Eagle's Wings for requests for specific items.

Health tip: For all of our students, especially our athletes, September is so very HOT outside. Hydration is so important! Please encourage your children to hydrate the day BEFORE practice or a game, as well as the day of. Until the heat wave subsides, the children are allowed to bring water to school. They can drink water bottles ON BREAKS or at RECESSES.