

"If Better is Possible, Then Good is Not En

Bruceville-Eddy INDEPENDENT SCHOOL DISTRICT

School Health Services

Hope everyone had a great summer. It is time to get into the swing of the school year. Since it is still really hot, staying hydrated is very important. Drink at least 8 eight oz. glasses of water a day and if you play sports you should double this amount.

To protect yourself and your children, please remember a few simple things:

*Wash your hands! Wash your hands! Wash your hands!

*Cough or sneeze into your elbows.

*Do not share toothbrushes.

*Do not share hairbrushes, combs, hats, scarves, or coats.

*Breakfast is the most important meal of the day. Don't skip this meal.

Our school has a School Health Advisory Council that meets two times during the school year. We would love to have more parent participation. Anyone with children enrolled may attend these meetings. The meetings are tentatively scheduled in the Fall semester 6:00pm to 7:00 in the Elementary Break Room. And in the Spring semester.

Check your child regularly for signs of head lice which include nits (small, gray-white, tear-shaped eggs that attach themselves to a hair and cannot be removed easily) and lice (small, brownish bugs about the size of a sesame seed.) Lice bite your scalp and cause itching.

If you discover lice in one family member, always check all family members because it can easily spread.

Use a lice shampoo . (Students may not return to school with live lice in their hair.) Remove all nits with a fine tooth comb or fingernails. Wash all clothes, bedding, coats, combs, brushes, etc. Vacuum all carpets and rugs.

Recheck in 7-10 days because eggs left in the hair may hatch. Remind your child not to share anything or to touch heads with anyone.