

SCHOOL
NURSE



We sure do appreciate the staff! It takes a village, and our village is a wonderful group of caring individuals who consistently show up. Because our office may be full, we do our best to both expedite the student's time away from their school work, and keep them safe. Here are some tips/suggestions for initial complaints:

- Bug bites: cold cloth (paper towel) unless large area of redness/swelling. Our goal is to not apply an abundant amount of steroids/anti-itch creams.
- Sunburns: cold cloth
- Itchy eyes: cold cloth. If red, please send!
- Sore throat: drink water first. Of course, if your student looks feverish or "chilly", or has trouble swallowing, please send them down!
- Bellyaches: rest (less physical activity for 10 minutes), water, snack, bathroom.
- Feels "hot": too many layers of clothes? Just finished recess and gym?
- Headaches: rest/quiet for 10 minutes, hot/cold to head or neck, water 8-12oz, loosen ponytails, snack, and "WOW"=water, oxygen, wait 10 minutes....diversion is often helpful as we all know;)
- Perhaps wait until snack time, lunch, or recess if not emergent?

We greatly appreciate everyone's efforts more than you know! We appreciate the calls ahead to let us know what's coming our way. Would it be helpful to have our orange nurse notes handy if you can't make a call?

We welcome any and all feedback.

Your Nursing Team,

Monica & Heather