

## Health and Wellness Tips from the Nurse's Office

Springtime and summertime mean outdoor fun! Here are a few things to keep in mind when getting your child ready for school.

- The weather can change drastically during the day. If it is warm in the morning and your child does not want to wear a jacket, put it in their backpack so they have it if needed for recess.
- Children need extra protection from the sun. Encourage them to play in the shade, wear protective clothing and apply sunscreen regularly. The sun produces both visible and invisible rays. The invisible rays known as ultraviolet-A (UVA) and ultraviolet-B (UVB) cause suntan, sunburn and sun damage. Using protection will help prevent skin damage. Protection should always start with avoiding peak sun hours and dressing sensibly. If you must be in the sun, use a sunscreen with sun protection factor (SPF) of at least 15, even on cloudy days. There are many products available to suit all skin types that will offer the best sun protection from harmful rays. Apply sunscreen prior to coming to school to offer sun protection for outdoor gym and recess.
- With the awakening of spring the rise of pesky insects occur like mosquitoes and ticks. For those pesky insects, cover up as much as possible, especially in outdoor and wooded areas. Wear light colored clothing so you can see any insects on you and remember to wear proper insect repellent. Read the labels carefully to insure that the repellent is child safe. When possible, apply repellent prior to coming to school for outdoor recess and physical education.
- As warmer weather activities increase, please send your child in with proper footwear. The best shoes for school are always sneakers, preferably those that tie or are secured with Velcro. We do understand that the children would like to wear sandals, crocs or flip flops. Unfortunately out on the playground this type of footwear could pose a hazard with the woodchips and concrete. Without question, **only** sneakers or closed rubber soled shoes should be worn for physical education.
- Water is the body's most important nutrient. It makes up 60% of the human body, 70% of your brain, and 22% of your bones. Hydrate, hydrate, hydrate! It is suggested that you send in a reusable water bottle with your child on warm days.
- With spring in the air, allergies have also sprung up! If your child suffers from allergies it is suggested that any eye drops or allergy medications be administered at home before coming to school, so that your child is not suffering with allergy symptoms throughout the school day. Sending your child in with a box or package of tissues would be most appreciated!

With these suggestions and tips, we hope to end the school year on a happy and healthy note!

Enjoy the warm weather!

Sincerely,

Mrs. Karen Gallo, RN

Abbey Lane Elementary School

