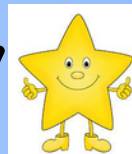




Star View Elementary



Monthly Health Office Newsletter



May 2024



Did You Know...

HELLO!

We welcome the month of May!! We are excited for warmer days and the beautiful flowers that are blooming from all our rain we had in April. As we get closer to the end of our school year, it's even more important to stay focused and healthy so we can have a great ending to our wonderful school year!



"Bee" Happy & Healthy,
Ms. Rebecca Carr, EMT/Health Technician

Upcoming Events

Check out the Star View Calendar of events:

- ~5/3- Field Trip- Santa Ana Zoo (Kindergarten & Ms. Kilpatrick's class)
- ~ 5/7-Kids Heart Challenge
- ~5/9- Field Trip- Ocean Institute (Munoz & Flores 5th grade)
- ~5/23- Field Trip- Garden Grove Strawberry Festival (Erickson's Class)
- ~5/30- Field Trip- Natural History Museum (Headley & Yoder- All students)

****Be sure to check out the Star View website for all the amazing events happening in May!!**

May is National Asthma & Allergy Awareness Month

Asthma is a long-term disease that causes your airways to become swollen and inflamed, making it hard to breathe. There is no cure for asthma, but it can be managed and controlled.

Asthma symptoms can include:

- Coughing/wheezing when breathing out
- Shortness of breath
- Chest tightness or congestion

Best way to manage asthma is to do your best to avoid triggers. Take your prescribed medication to prevent symptoms.

Allergies are one of the most common chronic diseases. A chronic disease lasts a long time or occurs often. An allergy occurs when the body's immune system sees a substance as harmful and overreacts to it.

Allergy symptoms can include:

- Stuffy nose, sneezing, itching, or runny nose, and itching ears or mouth
- Red, itchy, watery eyes
- Red, itchy, dry skin
- Itchy rash
- A severe, life-threatening allergic reaction (anaphylaxis) can cause trouble breathing, vomiting, diarrhea, low blood pressure, fainting, or death.

This requires IMMEDIATE medical attention!!

The best way to prevent an allergic reaction is to try your best to avoid the allergens that cause them. Be sure to carry your emergency medicine with you if you have severe food or environmental allergies.



Nurse's Corner

If you need to speak with or make an appointment to see our district nurse, Ms. Catherine, please contact the health office at 714-897-1009 Ext: 3054

A few reminders...

As we all begin to enjoy our warmer weather, remember to stay hydrated and drink plenty of water each day. To stay well hydrated, children ages 1-3 years need approximately 4 cups of beverages per day, including water or milk. This increases for older kids to around 5 cups for 4-8 year olds, and 7-8 cups for older children. Being well hydrated improves mood, memory and attention in children.

For the safety of your student and the other students on campus, please **DO NOT** send medications in your student's backpack or bag.

ALL medications, even over-the-counter **MUST** be kept in the Health Office!!

Here's a reminder on When to Stay Home?

We know that when your child wakes up and appears to not be feeling well, you need to make a decision as to whether they should attend school or stay home. This can be difficult, so here are some guidelines that may help you decide whether to keep your student home or send them to school.

- **Fever**- Any child with a fever of 100.0 degrees or more should to stay home. To return to school your child **MUST** be fever free for 24 hours, without the aid of over the counter medications (Tylenol, Ibuprofen, etc...) before they return to school.
- **Colds**- Your child may attend school with a mild cold if they seem well and are fever free. A child with a persistent cough or nasal drainage that is not easily managed, wheezing or difficulty breathing should stay home until symptoms improve.
- **Rashes**- **DO NOT** send your child to school with a rash unless there is note from your physician stating that they are not contagious. Your student may attend if you have already notified the school that your student is under the care of a physician and treatment has started.
- **Vomiting/Diarrhea**- A student who vomits or experiences diarrhea needs to stay home for a minimum of 24 hours from the last episode. If you student wears pull-ups or needs assistance with toileting while at school **DO NOT** send them to school if they are experiencing diarrhea.
- **Eye Irritation or Pinkeye**- If your student has red eyes with significant yellow mucus discharge, keep student home until symptoms improve or your student has been evaluated by their physician.
- **Stomachache**- If your student acts ill, or cannot comfortably participate in school activities, has severe pain for more than 2 hours, or if the stomachache is associated with diarrhea or vomiting.

