

# Star View Elementary

## Health Office Monthly Newsletter

### January 2024

#### National Blood Donation Month

National blood donation month has been recognized since 1970. The American Red Cross and other blood donation centers are spreading awareness about the lifesaving actions of donating blood and the critical need for a consistent blood supply. If you are able, consider donating blood to help someone who may be in need.

You can find a donation center near you by using the American Red Cross link below.

American Red Cross Blood Services  
<https://www.redcrossblood.org/>

#### HELLO!

The Star View Health Office welcomes you back from Winter Break!! We hope you all had a wonderful holiday season and are now ready to hit the ground running to learn new things in 2024! This year we celebrate the year of the Dragon which is said to bring good luck, strength and health! Happy New Year 2024!



#### Upcoming Events

1/15- NO School- Dr. Martin Luther King Day  
1/25- Kindergarten Information Night 6pm-7:30pm  
Also, join us for Friday Flag Assembly each Friday  
8:45am-9:00am

#### Just A Reminder...

NO SCHOOL on Monday 1/15  
due to observance of Dr.  
Martin Luther King Day



#### Did You Know...

With each heartbeat, the heart pumps blood throughout our bodies, carrying oxygen to every cell. After delivering the oxygen, the blood returns to the heart. The heart then sends the blood to the lungs to pick up more oxygen. This cycle repeats over and over again. The human body produces 200 million red blood cells (RBC) each day, and the average school-age child has almost 1 gallon of blood in their bodies.

#### Nurse's Corner



Welcome to our new District Nurse, Michelle Bolen. Michelle joins OVSD from Miller's Children's Hospital, with over 18 years in pediatric care. Nurse Bolen is on campus at Star View most Thursday afternoons. If you need to speak to her please contact the health office at 714-897-1009 Ext: 3054

# It's cold & flu season. 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 your 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.

➔ Health guidelines are provided to the school district by the California Department of Public Health and Orange County Healthcare Agency. Updates will be provided as given by the CDPH & OCHCA.



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5706455/>

<https://kidshealth.org/en/kids/blood.html>