

**WELCOME BACK WILDCATS!** We are so excited about the start of the 2021-2022 school year in person, but before we do, we would like to share a few reminders to keep your student's healthy and ready to learn.

1. Encourage your student to **eat a good breakfast** each and every morning, whether it be at home or in school. Research shows that children who eat breakfast can concentrate better and are ready to participate in school compared to those who skip breakfast.
2. **Please keep your child home from school if they have any of the following symptoms, or if they have been exposed to anyone who has tested positive for COVID 19.**
  - Fever (greater than 100.0) or feeling feverish (chills, sweating)
  - New cough
  - Difficulty breathing
  - Sore throat
  - Muscle aches or body aches
  - Vomiting or diarrhea
  - Loss of taste or smell

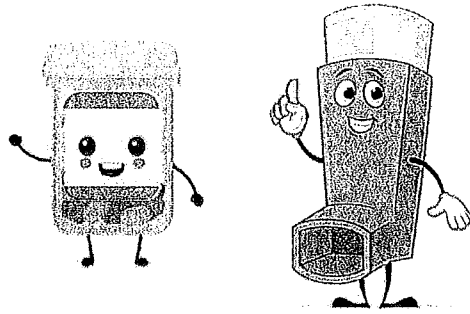
**\*Please call the school office and ask to speak to the nurse if you are keeping your child home for any of the above symptoms or for any illness.**
3. **The School Based Health Center**, located at the Newport Intermediate School, will be open every **Tues, Thurs and Friday 8am-3pm for sick visits & immunizations**, as well as **school & sports physicals**. All services are free for any student in Newport schools. Call **291-1910** for an appointment.
4. **Masks are required** to be worn both on the bus as well as during the entire school day with the exception of outdoor recess and while eating. Please send your child to school with one every day.
5. **Handwashing** is the best way to kill germs. Please encourage your child to wash his/her hands often, especially after using the restroom & before eating. Use plenty of soap & water, scrubbing the palms of hands, around wrists & in between fingers for at least 20 seconds then rinse and dry well.
6. Lastly, please be sure to provide an **updated** phone number to the school office for a parent or guardian & emergency backup so that we can reach you should your student become ill at school.

If you have any questions or concerns, please don't hesitate to call the school office and ask to speak to the school nurse. **We look forward to caring for your student while they are here!**

Sincerely,

Newport Independent School Nurses,  
Pam Pedigo RN & Rebecca Bova RN

08/2021



### A NOTE ABOUT MEDICATIONS IN SCHOOL

If your child needs to take medications during school hours, you must speak to the school nurse. All medications will be kept in the Health Office, and must have a **Permission for Prescribed Medication form** filled out by a physician before they can be administered at school. This includes, but is not limited to Inhalers, Epi-pens, and ADHD medications. **DO NOT SEND ANY MEDICATION IN WITH YOUR STUDENT.**

Certain over-the-counter medications such as Tylenol and Ibuprofen can be administered by the school nurse with a parent/guardian permission. A full list of these medications and permission form will be made available to you.

All health-related forms, including medication permission forms and medical history forms will be available at the Family Engagement days, August 19<sup>th</sup> & 20<sup>th</sup> and in the school office throughout the school year.