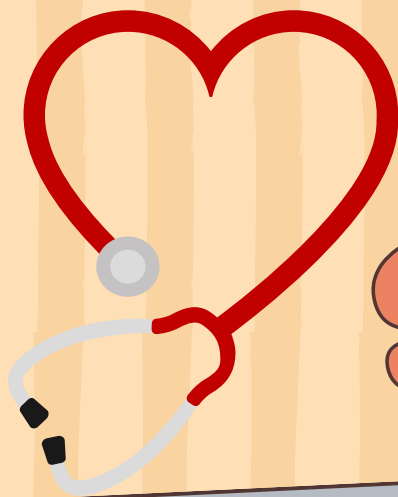


# School Nurse Newsletter

## Back to SCHOOL



### Dear Parents and Guardians

Welcome to a brand-new school year! I hope this letter finds you and your family well-rested and excited for the learning adventures ahead. My name is Gabriella Chimenz, and I am proud to serve as the School Nurse for Buckland Mills ES.

I look forward to working with you to ensure your child stays safe, healthy, and ready to learn every day.

**STAY CONNECTED:** Please feel free to reach out to me with any questions or concerns. I truly feel blessed to have this amazing opportunity and look forward to working with you and your child(ren) to support your child(ren)'s health and success at school. Wishing everyone a healthy, happy and successful school year ahead.

Gabriella Chimenz MSN, BSN, RN-- School Nurse --  
chimeng@pwcs.edu

### Student Health Information

If your child requires medication or specific treatment for a health condition(s), please complete the required documentation found on the PWCS Boarddocs site or call me if you need help getting the correct documents.

A parent/guardian may complete the form for an over-the-counter medication that is to be given within the recommended dosage for age listed on the box. A physician must complete the form(s) for all prescription medications and all over-the-counter medication that is outside of the recommended dosage for age listed on the box. **An adult must bring the medication in the original box, along with the completed paperwork to the clinic.**

Students are NOT permitted to self carry medication without the appropriate paperwork completed by the physician.

### When to keep your child home from school

- Fever of 100.4 F and over - exclude until student has been fever free for at least 24 hrs. WITHOUT the aid of fever-reducing medication.
- Conjunctivitis (pink eye), strep, and impetigo are all infections. Exclude from school until cleared by the doctor. Please do not allow affected students back before this time so other students are not infected unnecessarily.
- Rash of unknown origin (especially if accompanied by a fever).
- Head injury. Concussion - Must return from primary care physician with specific doctor's instructions to follow.
- Severe coughing or difficulty breathing.
- Colds - a child with thick or constant nasal discharge should remain home.
- Diarrhea or vomiting - exclude until student has been symptom-free for at least 24 hours.
- Stiff neck associated with a fever and/or a recent injury.
- Inadequate immunizations with known disease outbreak in school.
- For other exclusions/information visit [VDH Communicable Diseases Reference Chart](#).

### Healthy Habits for Success

Think 95210

- 9 - Aim for 9 hours of sleep each night.
  - 5 - Eat 5 servings of fruits and vegetables each day.
  - 2 - Limit screen time to no more than 2 hours each day.
  - 1 - Get at least 1 hour of exercise each day.
  - 0 - No sugary drinks
- Hydration & Nutrition: Send a reusable water bottle and healthy snacks to school.  
- Hygiene: Reinforce handwashing and covering coughs/sneezes at home.

We will soon be revamping the School Nurse section of our Buckland Mills Website including links to regulations and medical forms for ease of access. I will also share newsletters with information and updates on health topics that arise as the school year progresses. Please go to the following link for updates starting in October: [School Nurse Clinic PWCS Buckland Mills ES Website](#).