# AQUINAS COLLEGE HEALTH OFFICE

Welcome to the 2024-25 School Year!

As we begin this New Year, I am sure that we share a common goal; that of helping your children to stay in school and be present to learn every day.

Here are a few suggestions to help you prepare for a safe, healthy school year!

1. Get your kids to bed on time. It's hard for sleepy kids to learn. Also, be mindful of screen time at night.
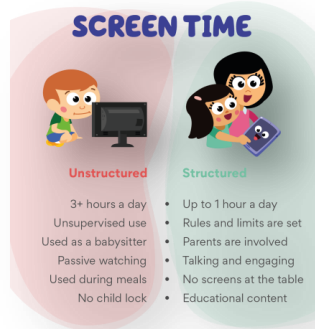
2. Breakfast is important. Focusing is more difficult when you're hungry. Protein bars, cheese sticks, and fruit are examples of on the go options.

3. Establish a relationship with your school nurse. My email is jcates@cec.edu.bs. You can also call 3611595 and use the extension of 7111 keeping in mind that I do traverse the campus for some time of the day.

4. Send in Prescribed Meds labeled with your child's information. This would be the labeling provided from the pharmacy which will have the correct dosage, frequency, etc.

5. Provide health updates as needed. School medicals are required upon entrance to school, but there may be changes made as your child grows and progresses. This could also include changes in phone contacts and email addresses.

6. Teach good respiratory etiquette to your children. Covering mouth and nose when coughing or sneezing, throwing away soiled tissues, coughing or sneezing into your elbow, and frequent handwashing. Please discourage the use of washcloths, it is far better to use disposable towels or tissues.

7. Stay home when sick. Sharing is a great practice, but not when it comes to sickness. Fever of 100.4 or higher, vomiting, diarrhea, contagious skin infections, pink eye, extreme sore throat are all some examples of when your child should not be sent to school. Please email either myself, the Senior Mistress Mrs. Gibson @ dgibson@cec.edu.bs or Dean Mortimer @ cmortimer@cec.edu.bs with absences of more than 2 days. A medical certificate may be required in certain situations for return to school.

Have a Wonderful Year!

Nurse J. Cates, RN
School Nurse
Aquinas College