

Virtual OPEN HOUSE 2021

Healthy Brockway Kids Newsletter

FROM YOUR SCHOOL NURSE,

Mrs. Lesley Martini, RN

September is National Food Safety Month!

(US Food and Drug Administration)

Remember that foodborne illness can come from many different areas within foods.
Following simple food safety tips can help lower your chance of your child getting sick:

1. **CLEAN.** Wash all fruits and veggies before eating. Not just your apple you eat every day! Even fruits with skin on them like pineapples, kiwi, watermelon, and avocados. Make sure to thoroughly rinse with water while **SCRUBBING THEM**, before cutting and eating. Germs can jump from rinds to the insides during cutting and peeling.
2. “No yolking around!” Storing eggs on the fridge door can expose them to uneven temperatures. You should store them on lower shelves in your refrigerator in their original container.
3. “Keep your cool” – especially when it comes to grocery, leftovers, & food delivery items. Your fridge should be 40°F or less, the freezer 0°F or less.
4. When you are cooking or grilling, you can't tell if it done just by looking. Use a food thermometer to make sure it's safe to eat!

For more information on proper food preparation and prevention of any food borne illness/food poisoning, visit:

<https://www.fda.gov/food/consumers/food-safety-education-month>



STEP 2: SEPARATE

FOOD SAFETY QUICK TIPS



No touching

Raw meat, poultry, seafood, eggs, and flour should never come into contact with produce or any food that is ready-to-eat—keep them separate while shopping, storing, and cooking.



Put a lid on it

Place raw meats in sealed containers or plastic wrap on lower shelves of the fridge or freezer.



No yolking around

Storing eggs on the fridge door can expose them to uneven temperatures. Keep them on lower shelves instead, in their original carton.



Double up

If you can, use a separate set of cooking tools for raw meat, poultry, seafood, eggs, and flour. If you can't, wash them thoroughly in hot, soapy water between cooking with produce and cooking with meats, eggs, or flour.



Serve it safely

When grilling, barbecuing, or cooking meat, use different plates for raw and cooked meat.

Find more **Quick Tips** on the **4 Steps to Food Safety: Clean, Separate, Cook, Chill** at www.fda.gov/food

EVERYDAY FOOD SAFETY

July 2018

School Health News:

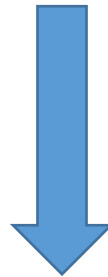
Yearly Health Screenings have begun!

- Every K-12 student receives a height, weight, BMI result, & vision screening
 - Grades K-3, 7, 11 students receive a hearing screening
 - If your child has any trouble with any of the screenings, I will contact you directly.
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A FRIENDLY REMINDER 😊 :

Due February 1st, 2022:

- **GRADE K & 3: We will need a copy of your child's most recent dental exam if you already haven't turned that in.**
 - **GRADES K & 6: We will need a copy of your child's most recent physical exam if you already haven't turned that in.**
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ELEMENTARY HEALTH UPDATE:



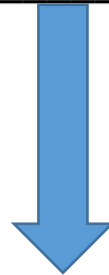
We are seeing many sniffles, runny noses, and sore throats. All of those “beginning of the school year germs” have made their way around the buildings. Please call me if you are not sure if you should send your child to school, and I can guide you.

Reminder about Medications:



Please remember that if your child will need to take *any* medication during the school day, we will need a written order from the prescribing doctor, signed.

Please do not send medications to school with your child, we ask that a **parent/guardian** bring them to the school and give them directly to me.



COVID-19 School Health reminders and updates

If your child is tested for COVID-19, or if your child is experiencing multiple symptoms and you keep them home from school, please call me.

I will work with you on guiding you through our school district's protocol in regard to management of illness.

If you have one or more symptoms in Group A, or two or more symptoms in Group B, please do not send your child to school. Call your primary health care provider for advice and how to proceed. Call your school nurse to make her aware.

*Group A Symptoms:
(1 or more)*

- Fever of 100.4 F or higher
- New persistent cough
- Shortness of breath or difficulty breathing

*Group B Symptoms:
(2 or more)*

- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Congestion or runny nose
- Nausea
- Chills, Sweats
- Vomiting and/or Diarrhea

**Students and families,
please remember I am
ALWAYS available to
answer questions,
give guidance, and to
HELP.**

***Thank you for
allowing me to care
for your child!***

Stay well! 😊

Mrs. Martini

265-8417

