

May 27, 2014

Dear Parents:

Now that summer is, (hopefully), upon us and the weather is changing, I'm sending out some suggestions that will help prevent heat emergencies and keep your children more comfortable in school. During the hot/humid summer months it's important to be extra careful about staying cool and hydrated.

- Please send your children to school with refillable water bottles and talk to them about the importance of drinking water and refilling their bottles often.
- Your children are welcome to self-apply sun screen that is brought in from home, but teachers are not allowed to apply sun screen on students. Also, students are not allowed to share their sun screen with each other. Please consider applying sun screen liberally on your children in the morning before they come to school.
- Lip protectant like Chap-Stick is allowed in school. Your children can keep it with them and apply it as needed, but they can't share it with their classmates. It's important to provide sun protection to the lips too.
- Please send your children to school with a summer hat to wear outside. This will keep them cooler and keep the sun off their faces.
- Dress your children in loose-fitting, cool clothing. Lighter colors will reflect the sun's rays. Dark colors will absorb them and increase body temperature.
- Please send your children to school with shoes that are safe to run in and socks to prevent blisters. Running in flip flops is not good for their feet, and they will eventually end up falling.
- **Please try to apply ointments and medications for bug bites and poison ivy in the morning before your children come to school.** My only option to treat this kind of itching is Calamine lotion, and often you have medication at home that works better and lasts longer.
- Lastly, just a reminder that children are not allowed to self-administer medication, and I can't give it to them without a doctor's order form filled out. This includes over-the-counter, non-prescription medications like cough drops and throat lozenges that contain anything more than pectin/sugar, as well as Tylenol and Motrin. This is not a rule that I have put in place. It is a state law that I am required to follow. Parents are welcome to come into school at any time and administer medication to their children.

Thanks so much for reading this. I hope your children have a fantastic field day and a great start to the summer season!

Warm Regards,

Candace C. Chapman, RN/School Nurse