

# SACRAMENTO VALLEY CHARTER SCHOOL

## School Health Newsletter – Back-to-School 2024

### Resources

Your child's primary health care provider is the best source of information when it comes to your child's health. Some additional resources are listed for your convenience (but not meant to take the place of care from your child's healthcare provider)!

[www.healthychildren.org](http://www.healthychildren.org)

[www.kidshealth.org](http://www.kidshealth.org)

[www.webmd.com/children](http://www.webmd.com/children)

### Lice

One problem common to school aged children is head lice (pediculosis capitis). While not a health threat, lice can be a nuisance! More information is available on the management of head lice but in the meantime, we ask for your assistance by routinely & regularly (i.e. weekly) inspecting your child's hair for any evidence of live lice and/or eggs (nits). Taking a pro-active approach by inspecting your



Welcome to the '24-25 school year! We hope you had a great summer and we'd like to share some important information with you regarding student health.

### Medication

If your child requires medication during the school day, please notify the office as soon as possible so we may make the necessary arrangements. State law requires that we have authorization from your student's licensed Healthcare Provider along with your written consent on file. This must be updated annually. No student is allowed to carry medication (prescribed or over-the-counter) without the required authorizations. You may also download the appropriate form by visiting our website. Please keep in mind that for certain medications (i.e., epinephrine), additional paperwork may be required.



### *SLEEP - is your child getting enough sleep?*

Young children need about 11 or 12 hours of sleep a night to be alert, interested and able to enjoy going to school.

Between the ages of 6 and 9, most can get along on about 10 or 11 hours of sleep at night. By the time they are 12, children usually need about 9 hours. All children should have the opportunity to get the amount of sleep that seems right for them!

### *Breakfast - the most important meal of the day!*

Without breakfast, a child's school performance may be poor. He/she may be cranky, dizzy with headache, doesn't seem to have any zip, or just generally has a poor attitude. This has been proven in numerous studies and we see it here at school every day. Here are some tips to help ensure that your child's day gets off to a good, healthy start



### Health Conditions

Please notify the office if your child has any physical, mental, and/or emotional health condition that we should be aware of. We would like to make arrangements, if necessary, to ensure success for your child.

### Help keep Name of School students and staff healthy!

Is your child too sick for school? The following are guidelines that describe symptoms that may mean that an illness is contagious, and that perhaps your child should stay home. (It is always best to consult your healthcare provider for advice and follow their recommendations):

- Repeated diarrhea, vomiting, or fever (above 99.0 degrees Fahrenheit) within the past 24 hours;
- Thick mucus or pus draining from the eye;
- Sore throat, especially if combined with fever, swollen neck glands, or difficulty swallowing;
- Rashes, unrelated to heat or other known, non-contagious causes;
- Ear pain or drainage from the ear;
- Unusual fatigue, paleness, lack of appetite, confusion;
- Breathing trouble
- Not eating for more than a day

