

# NUTRITION

EAT  
RIGHT



1. **Make half your grains whole.**
2. **Vary your veggies.**
3. **Focus on fruits.**
4. **Get your calcium-rich foods.**
5. **Go lean with protein.**
6. **Change your oil.**
7. **Don't sugarcoat it..**

# PHYSICAL ACTIVITY

EXERCISE



1. **Set a good example.** Be active and get your family to join you.
2. **Establish a routine.** Set aside time each day as activity time — walk, jog, skate, cycle, or swim for 30 minutes a day.
3. **Move it!** Instead of sitting through TV commercials, get up and move.

# SCHOOL NURSES

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Dinwiddie High School  
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**Dinwiddie County Public Schools**



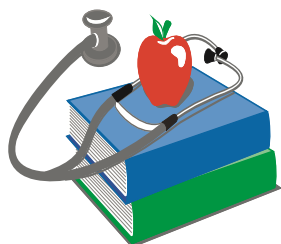
# Dinwiddie County School Nurses



*A healthy mind,  
A healthy body,  
and a healthy lifestyle  
promote  
“Academic Success”*

## Our Mission

As licensed professionals, we advocate for children's health, safety, and well being in the educational setting. We promote and protect our children by administering preventive and primary health care, attending to the physical and emotional needs of our children by emphasizing the importance of a balanced diet, proper hygiene and daily exercise.



## The School Nurse:

- Provides direct care to students
- Provides leadership for the profession of health services.
- Provides screening and referral for health conditions.
- Promotes a healthy school environment.
- Promotes health through education.
- Serves in a leadership role for health policies and programs.
- Is a liaison between school personnel, family, health care professionals, and the community.

## FREQUENTLY ASKED QUESTIONS OF YOUR SCHOOL NURSE:

- 1. When should I keep my child home from school?**
  - ◆ When your child complains of being sick, and has symptoms like a sore throat, head cold, diarrhea, vomiting, or has had a fever of 100°F in the past 24 hours, your child should remain at home.
  - ◆ If your child needs a dose of medication for the above symptoms in the morning, they need to stay at home. PLEASE DO NOT send your child to school PLEASE DO NOT tell your child "if you feel bad go to the nurse", your child will think that means; right off the bus go to the clinic. PLEASE SAY "Go to school, go to class and try to make it today". If your child really feels bad, he/she will go to the clinic during the day.
  - ◆ A more difficult call is when your child complains of being sick in the morning, but you do not see any symptoms. If you decide to send your child to school PLEASE DO NOT tell your child "if you feel bad go to the nurse", your child will think that means; right off the bus go to the clinic. PLEASE SAY "Go to school, go to class and try to make it today". If your child really feels bad, he/she will go to the clinic during the day.
- 2. What is the policy for sending children home from school?**
  - ◆ Children will be sent home for oral fevers of 100°F. Children will be sent home who are complaining of nausea, vomiting, stomach ache, headache, or sore throat who act sick; sleeping, laying around quiet, not talking, and not playing with others in the clinic. Children with head lice, nits, conjunctivitis (Pink Eye) with drainage will also be sent home.
  - ◆ If you are called to pick up your child from school, please do so immediately to prevent spread of illness.
  - ◆ Parents must provide up-to-date contact phone numbers and should have a backup plan if they are unable to pickup their child when called by the nurse.
- 3. When will children NOT be sent home?**
  - ◆ Children will not be sent home who are complaining of nausea, vomiting, stomach ache, headache, or sore throat, but who do not act sick when lying down in the clinic (playful, talkative, and active in the clinic). Children with conjunctivitis (Pink Eye) who do not have puss-like drainage will not be sent home.
- 4. When my child has been home sick, when can he/she return to school?**
  - ◆ Once the symptoms have stopped and they are fever free for 24 hours, your child can return to school. If your child has had a fever the evening/night before, please do not send your child to school in the morning, even if the temperature is down first thing in the morning.
- 5. When will I be called by the nursing staff?**
  - ◆ If your child is sick, has head lice, or an unidentified problem (by you) is brought to the attention of the nursing staff. Parents will also be called for any injuries of significance (*small scrapes will be treated without calling*), any changes in known health conditions, and any health conditions that are not responding as expected to medications/treatments in the clinic. If you would like to be notified of anything in particular, please contact your School Nurse.
- ◆ If your child urinates or has a bowel movement in his/her pants and does not have a change of clothes, you will be called. Also, if your child has a bowel movement in his/her pants and is not able to clean themselves up, you will be called to come to the school and help them.
  - ◆ If your daughter starts her menstrual cycle and does not have sanitary napkins you will be called to bring her such items. Your daughter will be given one pad until you arrive to bring her more. Please encourage your daughter to keep these products in her book bag.
- 6. What do I do if my child needs medication at school?**
  - ◆ Any medication, prescription or over the counter, needs to be brought to school by an adult. Children cannot transport medication of any kind to school. The school medication form needs to be filled out by the doctor and parent for all medications, prescription and over the counter, according to Dinwiddie County Public Schools Medication Policy.
  - ◆ Over the counter medication must be in the original unopened container with the child's name, name of medication, dosage, time and amount. Administration must follow policy guidelines.
  - ◆ We ask, if possible, that prescription medication for a temporary condition have an arranged schedule that would not make it necessary to give this medication at school.
- 7. When my child has head lice, when can they return to school?**
  - ◆ Once your child has been treated with an anti-lice product and all lice and nits have been removed from the child's head, you can bring your child to school to be rechecked by the nurse. Please do not send your child on the bus. If the nurse finds that your child is lice and nit free, then your child can return to class. Your child should be retreated in 7-10 days and rechecked by the nurse for the return of head lice.
  - ◆ Your child's class, any immediate contacts on the bus, and any other children living in the home will be checked for lice. Also, the class and the bus your child rides will get letters to take home so that parents can check their child's head for signs of lice. We make every effort to maintain privacy. We will not tell you who in the class has lice or any other health related issue.
  - ◆ If you find that your child has lice, please notify the school nurse. This allows the nurse to screen the rest of the children to stop the spread of lice.
- 8. How will the Nurse administer First Aid?**
  - ◆ Unless the parent has designated a special procedure, the nurse will administer First Aid as needed using water, Antiseptic First Aid Spray, Neosporin or Caladryl Clear.

Thank you so much for all of your help. Together we can provide your child with the best care possible. If you have any questions, concerns or would like to be notified of anything in particular in regard to your child, please feel free to contact the School Nurse.