

Easthampton Public Schools

District Nurse Newsletter

Spring/summer 2019



Spring is sprung and with it comes more fun outdoors. Being outside is good for our bodies and our minds. It can help us reconnect with neighbors and make new friends. Here are a few things to start thinking about for the months to come.

It is healthy and fun to play outside. Have fun and be safe!

### Fun ways to engage children in outdoor activity

Create a scavenger hunt in your yard, on a hike or a walk in the neighborhood  
Take a hike-There are so many trails in our area with all skill levels for the whole family  
Start a compost in your yard and have the kids be “in charge”  
Bike rides on the bike trail-see bike safety  
Create a toy made obstacle course in the yard  
Go to the park  
Sidewalk chalk and bubbles  
Pitch a tent in the yard  
Adults vs kids soccer game  
Garden together and/or have a separate “kid” garden  
Games like Frisbee, catch, badminton...  
Water games-sprinkler, water balloons  
Shaving cream fight, watermelon seed spitting contest  
Face painting, body painting, melt crayons into an art project using the sun...  
Walk or ride bikes to school together



## Allergy Season is Upon Us

Allergies can cause a multitude of symptoms including sniffing, sneezing, coughing, itchy eyes, puffy eyes, post nasal drip, headaches and earaches, to name a few.

\*Consult with your doctor about the best treatment options and limit your time outdoors on the days your allergen counts are high. You can check daily particulate counts at:  
<https://www.pollen.com>

\*Take prescribed medications as indicated to get your day started right!



## Safe Sun

The sun is at its strongest between 8am and 4pm-stay in the shade.

Here is what Dr Sarah Denny of the American Academy of Pediatrics has to say about sun protection:

<https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Sun-Safety-and-Protection.aspx>

Children 6 months or younger should be kept out of direct sunlight. Keep under tree shade, umbrella or stroller canopy while outdoors with a wide brimmed hat.

Children 6 months and older should wear a wide brimmed hat and apply sunscreen as needed-*remember it takes 30 minutes after application before protected.*

For sunburn, apply cool compress or some cooled aloe to skin-*seek medical attention for burns with blisters, severe pain or fever.*



## Bugs and Ticks

Stay safe from insect transmitted diseases this spring/summer.

- Eliminate stagnant water whenever possible.
- Combination sunscreen/insect repellent products should be avoided because the sunscreen needs to be reapplied every two hours, but the insect repellent should not be reapplied that often.
- When outside in the evenings or other times when there are a lot of mosquitoes present, cover up with long sleeved shirts, pants and socks to prevent bites.
- Children should wear hats, long sleeves and long pants to protect against ticks when walking in the woods, high grasses or bushes. Check hair and skin for ticks at the end of the day.
- Use insect repellent as needed.

\*\*\*To remove a visible stinger from skin, gently back it out by scraping it with a credit card or your fingernail.



## Hydrate

Heat and the change from normal routines can leave children and adults tired-get plenty of rest and remember to drink more water.

Make sure your child has a water bottle with them whenever unable to access water readily (long hike/bike ride).

Drink before and during activities like gym or sports games.

Water breaks every 20 minutes or so while playing outdoors in the heat.

Have children wear light weight and light colored clothing.

If child feels dizzy, light headed or nauseas, remove them from the heat, have them sit or lie down and sip water slowly.

**\*\*\*\*\*Please bring sunscreen, bug spray and a water bottle to school so children can be safe outside.**



## Bike/skateboard safety

Riding a bike is a fun way to exercise and stay in shape. Try out some of the beautiful bike trails in our area.

**\*\*\*\*\*May 8<sup>th</sup> is bike to school day at Easthampton Public Schools**

Listen to Dr. Kyran Quinlan from the American Academy of Pediatrics discuss bike safety:

<https://www.aap.org/en-us/about-the-aap/aap-press-room/aap-press-room-media-center/Pages/Bicycle-Safety-and-Helmet-Use.aspx>

Wear helmets on bikes and skateboards

**Where can I get a helmet?** They are available at bike shops and some discount, department and toy stores. They come in adult, children and toddler sizes.

**How can I tell if a helmet will keep my child safe?** You should only buy a helmet that meets the safety standards of the Consumer Product Safety Commission (CPSC). Check for this label inside helmet.

**How should a helmet fit?** It should be worn squarely on top of the head, covering the top of the forehead. If it is tipped back it will not protect the forehead. It fits well if it doesn't move around on the head or slide down over the eyes when pulled. Adjust chin strap to fit snugly.

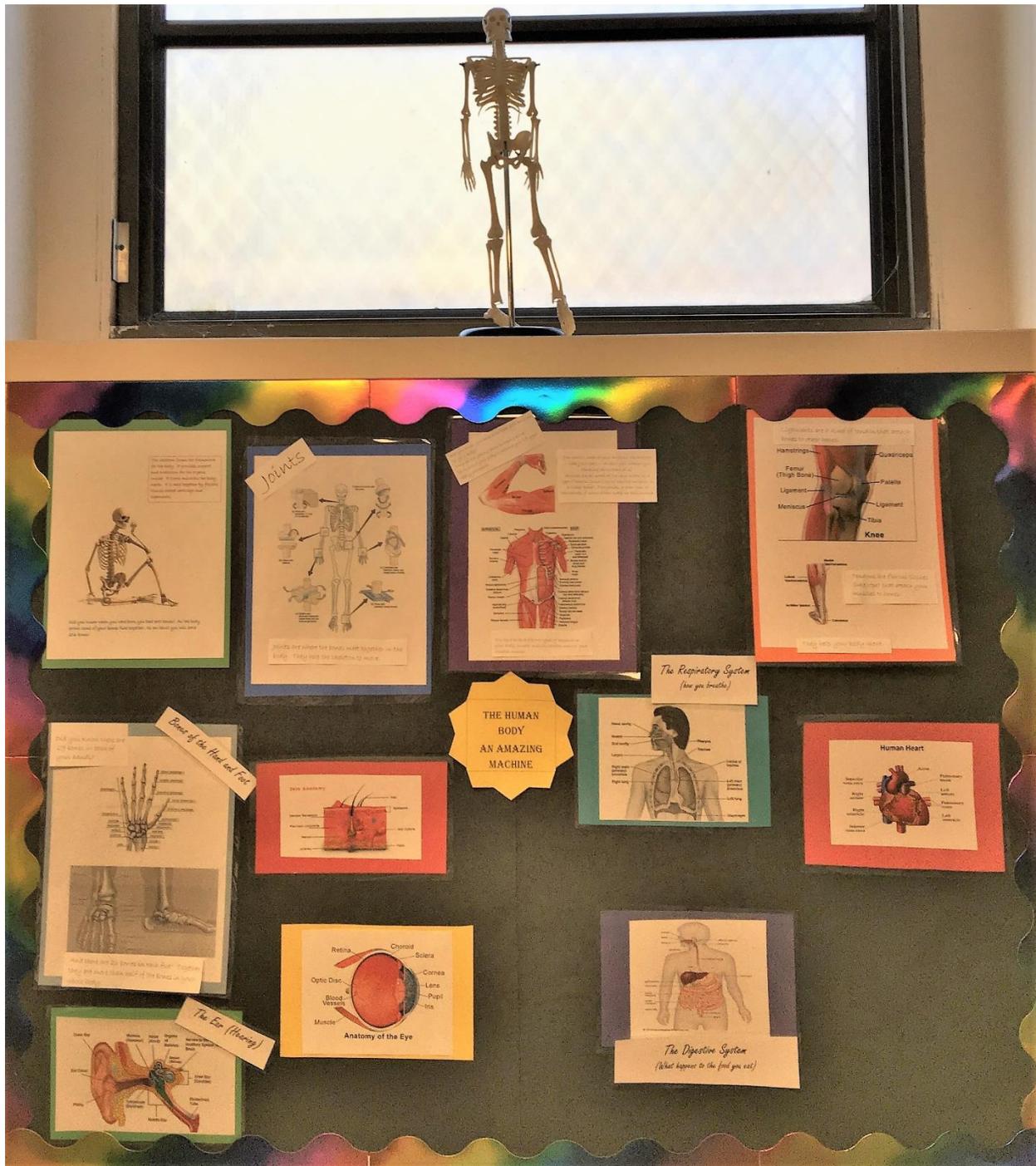
**Camp Nonotuck in Easthampton has financial aid available this summer!**

Easthampton Parks & Recreation (413) 529-1440 Fax (413) 529-1436 email: [camptonotuck@gmail.com](mailto:camptonotuck@gmail.com)

- Helping Hands Scholarship info available upon request.
- New England Farm Workers Council- 413-272-2207 [www.partnersforcommunity.org](http://www.partnersforcommunity.org)

# What are the school nurses up to?

Teachable moments





Center School Nurse's Office –Sheila Streeter

<https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Sun-Safety-and-Protection.aspx>

<https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Summer-Scooter-Bicycle-and-Playground-Safety-from-the-AAP.aspx>

<https://www.aaaai.org/conditions-and-treatments/library/allergy-library/outdoor-allergens>

<https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Insect-Bite-and-Repellant-Safety-Tips-from-the-AAP.aspx>

<https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Heat-Stress-Tips-for-Young-Children.aspx>