

Dear Staff:

Welcome back for another productive and rewarding school year! The Nursing Department is committed to keeping staff and students as healthy as possible this year, and we would like to give you a brief overview of our plans. We will be working collaboratively with other school nurses in the area as well as with the Benton Franklin Health District. Our goal is to maximize student learning by promoting wellness. Our strategy is to provide information to parents, maintain communication with staff and educate students.

To date we have:

- Developed a series of informational letters to be sent to parents this fall. The letters provide some criteria for parents regarding when ill students should be kept at home, when they should return to school, as well as general health information and some specific flu facts.
- Written a series of short informational wellness messages suitable for use on the district website, school newsletters or bulletins
- Conducted a review of websites such as BFHD, CDC, WHO, DOH, that offer posters and other useful materials.
- Collaborated with the BFHD to develop an absenteeism surveillance form to monitor the disease burden within the schools.

As the flu season unfolds, we hope to work closely with classroom teachers to provide illness prevention information for students. We are working to develop a list of videos and other easily accessible materials that you may want to utilize in your classrooms to promote basic health and wellness messages.

In the meantime, please keep yourselves healthy by modeling these healthy habits for your students. A great learning opportunity for students, with wellness benefits for you!

- Cover coughs and sneezes
- Wash hands frequently (Or use hand sanitizers if soap and water are not available)
- Avoid touching eyes or mouth
- Stay home if you have temperature greater than 100 degrees
- Get plenty of rest, eat lots of fruits and vegetables and exercise regularly.
- Don't forget your flu shot!

Contact your building nurse if you have questions or concerns.

Benton Franklin Health District:
Department of Health (WA state):
Centers for Disease Control
World Health Organization

www.bfhd.wa.gov
www.doh.wa.gov
www.cdc.gov
www.who.int/en