

March Newsletter from Nurse Kris

Did you know that March is National Nutrition Month? ***We Can!  (*W**ays to **E**nhance **C**hildren’s **A**ctivity & **N**utrition) is a national education program designed to give parents and communities a way to help children learn to eat nutritious foods.  As parents, you can do a lot to help your children learn healthy eating habits and maintain a healthy weight.  Involving them in meal preparation and cooking can motivate them to try new foods – and is a good way to spend time together as a family!



Hopefully we are nearing the end of cold and flu season! And although Spring brings warmer weather, it also brings allergies. It is important to stay healthy and distinguish allergies from a more serious illness and controlling allergies to keep asthma at bay. I have listed several symptoms, triggers and treatment tips below:

**Symptoms include: Common Triggers include:**

* Itchy skin Pollen
* Watery eyes Grass
* Runny nose Mold
* Cough Pet dander
* Congestion Dust Mites
* Post-nasal drainage Cockroaches
* Sneezing

**Treatment tips:**

* Avoid allergens and keep house clean and free of pests
* Wash hands often, cover mouth when sneezing or coughing
* Change clothes when coming in from playing outdoors
* Use over the counter antihistamines and decongestions as directed
* Keep air filters changed and use air purifiers
* Allergy testing and treatment by a doctor
* Take all medications for asthma already prescribed by your doctor to keep asthma under control



ACCIDENTS HAPPEN!

Please send a change of clothes to school for your child just in case!