

HEALTHFUL HINTS FROM NURSE GRIMES!

How Much Juice?

Children love to drink juice! While juice has nutrients, it also has a lot of sugar. Believe it or not, a 12 oz glass of apple juice can contain 10 teaspoons of sugar—the same as in a can of cola—and a glass of grape juice can have 15 teaspoons of sugar! Encourage your children to eat fruit rather than drink juice. They will consume fiber along with more nutrients.

If your kids do have juice, try to limit it to a glass a day. Choose varieties marked 100% juice, and stay away from those labeled 'fruit drink' or 'fruit cocktail.' The best bets are orange or grapefruit juice since they have more natural vitamin C and less sugar.

Excerpt from *Resources for Educators*

NOTES FROM THE SCHOOL NURSE

Helpful hints from Nurse Grimes

STUDENT ILLNESS

When your child is ill, please contact the school to let us know he or she won't be attending that day. It is important to remember that schools are required to exclude students with certain illnesses from school for periods of time as identified in state rules. For example, if your child has a fever over 100 degrees, he or she must stay out of school until fever free for 24 hours without fever-reducing medications.

MEDICINE AT SCHOOL - Guidelines

Prescription medication must be in the original, properly labeled container, provided by the parent, along with a parent request form (available from the school nurse). Non-prescription medication must be in the original, properly labeled container, provided by the parent, along with a parent request form and a Doctor's order. Herbal or dietary supplements will be given only if required by the student's individualized education program (IEP) or Section 504 plan for a student with disabilities. Medication must be delivered and picked up by an adult. Medication cannot be transported on school buses.