



MEMORANDUM

To: Students, Parent(s) & Guardian(s)

From: Bianca Mitchell – School Nurse, Health and Wellness Department

Date: September 20, 2022

Good Day JC Family  ,

We are reminding all students that even though masks are not mandatory we still encourage you to wear them especially in enclosed places.

The Health and Wellness Department is seeing an increase in flu like symptoms and vomiting.

Parents/Guardians if a child is displaying Flu like symptoms or episodes of vomiting, please take them to the Doctor. Students that present to school unwell especially with a fever will be sent home.

A few home remedies that can be used for stomach pain or vomiting:

1. Stay hydrated
2. Drinking soup or eating easy to digest foods (crackers, banana)
3. Avoid oily and spicy foods
4. Heat pack

A few home remedies that can be used for Flu like symptoms:

1. Stay hydrated
2. Steam inhale with Eucalyptus oil or Menthol crystals
3. Vitamin C and Zinc
4. Over-the-counter medication
5. Salt warm water gargle can be used for sore throats

Severe cases for any illness should visit the Doctor.



There has been an increase in students reporting to school not having breakfast. Missing classes and not being able to focus in classes detracts from the needed learning time. Headaches and stomachaches are the most common complaints. We urge parents to create a breakfast and lunch plan with their child as they are to be prepared for school and ready to learn.

Students with Asthma, Epilepsy or any other chronic illness we encourage taking your medication to school. If your prescription needs to be refilled please do so. Medications are **not** offered by the school Nurse. Do not wait until it is too late.

Students are **not** to contact parents to be picked up from school when they are ill. The Nurse is the first point of contact where an assessment will be done and the best option determined for the student.

With regard to Monkeypox and schools, we are still awaiting official word from the Ministry of Health & Wellness and Ministry of Education. This information will be disseminated to you once received.

Your Health is Your Responsibility

- Wash your hands regularly
- Drink enough water
- Maintain a healthy diet
- Avoid sharing utensils
- Exercise
- Get regular check-ups