

Healthy Hornet Newsletter

September 2018

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Disasters Prepare Now

Medication Policy

No student may have, or carry, any type of medication without appropriate signed documents from the student's physician. Please ensure you DO NOT send ANY medications to school with your child.

If at any time during the school year it becomes necessary for your student to take medication (either prescribed or over-the-counter medicine) during the school day, a parent/guardian request form to administer the medication to the student must be completed and on file in the health clinic.

ANY violation of the administration policy will have the same consequences as the penalties imposed under violation of substance abuse policy.



TIPS FOR PURCHASING A BACKPACK



The American Occupational Therapy Association (AOTA) urges parents and caregivers to consider the following when selecting a backpack this school year:

APPROPRIATE SIZE. Make sure the height of the backpack extends from approximately 2 inches below the shoulder blades to waist level, or slightly above the waist.

SHOULDERS. Backpacks should have well-padded shoulder straps that can be worn on both shoulders so when packed with books, the weight can be evenly balanced by the student.

HIP BELT. Backpacks with a hip or chest belt take some strain off sensitive neck and shoulder muscles and improve the student's balance.

FIT. Just as your child will try on clothes and shoes when back-to-school shopping, experts say it is important to try on backpacks, too.

FROM THE EXPERT. "A child wearing a backpack incorrectly or that is too heavy can be contributing risk factors for discomfort, fatigue, muscle soreness, and musculoskeletal pain especially in the lower back," says Karen Jacobs, EdD, OTR/L, CPE, clinical professor of occupational therapy at Boston University, and an expert on school ergonomics and healthy growth and development of school-age children.



Find backpack safety tips at www.aota.org/backpack

National School Backpack Awareness Day Sept. 26, 2018

Live life to its fullest by avoiding pain & injury that can come from heavy backpacks and bags.

Utilize compartments and pockets to distribute weight

Heavier items closer to the back center, lighter items to the front, and sharp items away from the back.

Always use both shoulder straps to prevent injury

Lighten the load so that it is no more than 10% of your child's body weight to prevent falls and spinal damage



Suicide Prevention

#BeThe1To is the 2018 National Suicide Prevention Lifeline message, which helps spread the word about actions we all can take to prevent suicide.

#BeThe1To

ASK Keep Them Safe Be There
Help Them Stay Connected

Disasters Happen. Prepare Now. Learn How.

Learn lifesaving skills, like CPR & First Aid

Practice your fire escape plan by having a home fire drill.

Do you know how to turn off the gas in your house?

Download a group texting app so your crew can stay in touch before, during, and after an emergency.