



April 13 – April 17

Hello Families!

I want to start out by saying how much I have missed seeing all of your kids at school! I can't wait until we are all able to get back to our normal schedules! I know the teachers, BCBA's and other staff are busy keeping the kids on their educational tracks and I just wanted to make sure that medically I am doing the same. Every Monday I am going to send out a quick Nurses Newsletter for you all to look over and maybe get some ideas to keep your student healthy and physically active. I will also answer any questions you may have on the current health crisis. If I do not address your question or you have a student specific question feel free to shoot me an email and I will get back to you asap.

Wash Your Hands

According to the CDC, Follow these five steps every time:

1. **Wet** your hands with clean, running water (warm or cold), and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

Songs to sing to ensure 20 seconds of hand washing:

Happy Birthday
Mary Had a Little Lamb
If You're Happy and You Know It
Frere Jacques
Row, Row, Row Your Boat
The Alphabet Song
The Germ Song https://youtu.be/LaePayB_pC4

Keep Moving!

Spell Your Name Challenge



SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 10 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM

Nurse Courtney

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COVID-19 (The Coronavirus)

The CDC advises everyone to avoid going out in public except when running "Essential Errands" which consists of grocery shopping, picking up take-out, banking, getting gas, picking up prescriptions and doctors' visits.

Tips for running essential errands

- Stay home if you're sick
- Do not touch your eyes, nose or mouth
- Order online or use curbside pick up
- Stay **at least 6 feet** away from others when out in public
- Disinfect shopping carts with wipes if available
- Use hand sanitizer when you leave stores/buildings
- Wash your hands when you get home before touching your loved ones or surfaces in your home
- Use drive through ATM's
 - Disinfect ATM screens and number pads with wipes if able
- Avoid in-person contact
 - If contact is necessary, ask for deliveries to be left in a safe spot outside your house such as the front porch or lobby, with no person-to-person interaction. Otherwise, stay at least 6 feet away from the delivery person
- Wash your hands or use hand sanitizer after accepting deliveries or collecting the mail.



Healthy Food of the Week

Challenge your child to eat/try...

BROCCOLI!

Benefits of Broccoli:

1. Packed With Vitamins, Minerals and Bioactive Compounds.
2. Contains Potent Antioxidants That Offer Health-Protective Effects.
3. Bioactive Compounds May Contribute to Reduced Inflammation.
4. May Protect Against Certain Types of Cancer.
5. Antioxidants and Fiber May Aid Blood Sugar Control.
6. Supports heart health
7. Promotes healthy digestion and reduces constipation.
8. Supports healthy brain function

CORONAVIRUS COVID-19

Social Distancing

<h3>AVOID</h3> <ul style="list-style-type: none">• Group gatherings• Visits to bars/restaurants• Sleep overs• Playdates• Visiting the elderly with children• Crowded retail stores• Gyms• Visitors to the home• Non essential workers in the home	<h3>USE CAUTION</h3> <ul style="list-style-type: none">• Visits to supermarkets• Visit to pharmacy• Visit to GP• Traveling• Check on friends and family safely• Public transport	<h3>SAFE TO DO</h3> <ul style="list-style-type: none">• Go for a walk• Jogging• Working in the home• DIY in and around the home• Reading• Going for a drive• Video calls• Phone calls
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Just some of those who are vulnerable that these measures could help:
Patients who are elderly, history of lung illness, cancer patients, immune suppressed patients, immune compromised and those with varying underlying conditions.

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