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](https://youtu.be/LaePayB_pC4)
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 available
- 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