



Lovett Elementary School

Love It at Lovett

Health & Wellness Warriors

MAY 2021

Lovett Nurse:
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MAY IS ASTHMA & ALLERGY AWARENESS MONTH

Warmer weather often triggers asthma attacks. If you need to have an inhaler at school, contact the school nurse to have your physician send orders for medication at school.

As we near the end of the year, there are usually more parties at school. Remember our friends with food allergies and think about a “non-food” way to celebrate your special day.

NEVER SHARE FOOD OR TREATS UNLESS APPROVED.

STAY HYDRATED – BRING YOUR WATER BOTTLE

As the weather gets warmer, and temps rise, it is important for everyone to stay hydrated. Per HISD Covid guidelines, all water fountains in school are for bottle filling only. There is no drinking from any on-campus fountain.

PLEASE BRING YOUR, REFILLABLE WATER BOTTLES TO SCHOOL DAILY

PLACE YOUR NAME ON YOUR WATER CONTAINER.

WASH AND CLEAN YOUR WATER CONTAINER DAILY

NO SHARING OF WATER BOTTLES

IMMUNIZATION RECORDS

If you are leaving the school at the end of this year or need an immunization record for camp or other reason, contact the school nurse to receive an updated copy for your files. Once your child leaves the school, the nurse can no longer access those records.

WATCH OUT FOR STINGING “CRAWLIES”

With students spending more time outside, be sure to look out for stinging insects and other crawlies. Ants are a big problem after a rain, and those cute, fuzzy caterpillars (Asps), can leave a horrible sting. Bees are also buzzing about. Go to the nurse if anything bites you.

Be sure to let the nurse know if you react violently to stings or if you require any medication.

SUN SAFETY

Remember the sun’s rays are strongest between the hours of 10a – 4p. Apply an SPF of 15 or higher before coming to school.....and consider wearing a hat when at recess or outdoor PE.

Encourage your student to take drink lots of water before going outside for recess – even taking their water bottle with them outdoors.

DONATE OLD GLASSES

The school nurse is collecting any old or broken eyeglasses for donations to the See to Succeed Program. They will repair and distribute to those in need.

Please drop off your eyeglass donations to the nurses office on or before Tuesday, May 11.

IF YOU ARE SICK – STAY HOME

If your child is not feeling well, with any cold/flu/covid related symptoms, please do not send them to school.

EVERYTHING IS CONSIDERED COVID UNTIL PROVEN OTHERWISE.

Notify the school nurse/teacher when your child is ill