



A NOTE FROM THE NURSE

NOVEMBER 2017

Dear Chesterfield Families,

Each November the **Great American Smokeout** reminds us that even though tobacco use is the single largest preventable cause of disease and premature death in the world, about 36.5 million Americans still smoke cigarettes. While it's true that cigarette smoking



rates have dropped, cigar, pipe, and hookah –other dangerous and addictive ways to smoke tobacco – are very much on the rise. Smoking kills people – there's just no "safe"

way to smoke tobacco. Quitting smoking has immediate and long-term benefits at any age. Quitting is hard, but you can increase your chances of success with help. The **Cheshire Coalition for Tobacco-Free Communities** sponsors an extensive array of treatment programs for those who wish to quit using tobacco. Call 1(800)QuitNow (800-784-8669) for phone support and to inquire about the availability of free nicotine patches.

Results from the 2016 Teen Assessment Project (TAP) survey revealed that cigarette use by middle school-aged students in the Monadnock area is slightly higher than the national average. That same survey revealed that 90% of those students surveyed believe that they would be in trouble at home if their parents found out they were smoking cigarettes. This reinforces the importance of talking to your children about

making healthy decisions. Here are some questions to open an honest conversation with your child:

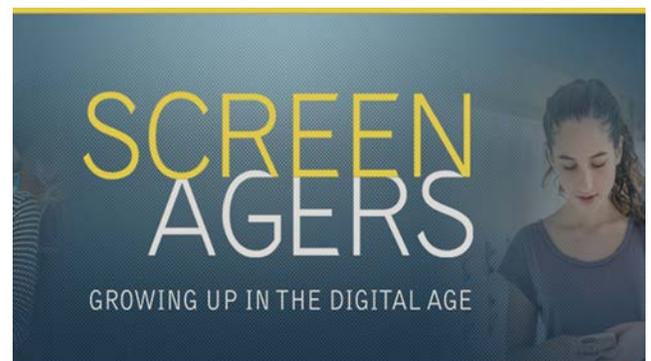
- What are your favorite activities? How would smoking limit your ability to do these things?
- What do you want to be when you grow up and how would smoking affect that?
- What would you say if you were offered a cigarette?

For more information about kids and smoking, visit KidsHealth.org/en/parents/smoking.html.

Join us **November 7th at 6:00pm** as we come together to address the most pervasive parenting issue of our time head on—teen struggles over social media, video games & internet addiction. The **SCREENAGERS** film empowers kids to best navigate the digital world and provides practical resources to help them do it.

Admission is free, but registration is required.

Email tfairbanks@sau29.org for more information.





A NOTE FROM THE NURSE

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November 6th is the last day for students to participate in our annual Trick or Treat for the Troops campaign. In an extra effort to help kids fight cavities, I have challenged them to swap their unopened



Halloween candy for cold, hard cash! Students will have a one-time opportunity to cash in their unopened Halloween candy

for \$1 per pound (with a limit of 5 pounds). In addition to candy contributions, cards and letters for troops are happily accepted!

As cold and flu season awakens, parents are often challenged in deciding whether or not their child is well enough to attend school. Making the right decision isn't as tough as you might think. It basically boils down to one question: Can your child still **comfortably** participate in school activities? Trust your instincts. If your child has a sore throat, a little cough or mild congestion, that does not necessarily mean he can't be active



and participate in school activities. On the other hand, if she's been coughing all night and needs to be woken up in the morning (when she usually wakes up on her

own), she may need to take it easy and rest at home. Of course, you should not send a child to school who has a fever ($\geq 100.4F^{\circ}$), is nauseated & vomiting, or has diarrhea. Kids who lose their appetite, are clingy or lethargic, or who just don't seem to be acting "themselves" may need to take a sick day. If you do decide to keep your child home, please know how valuable it is for me to know the nature of your child's illness, specifically, whether or not your child's **temperature is $\geq 100^{\circ}F$ & if he has a cough or sore throat.**

This information allows me to monitor school-wide illness and watch for illness clusters. On the flip side, if you have questions about specific signs and symptoms and are curious as to whether something is "going around", please contact me to inquire.

Yours truly in sickness and in health,
Traci Fairbanks, RN

Hearing & Vision screenings for all students will begin this month. If you wish to exclude your child from these screenings, please contact me directly.



If you or someone you know need a little help this year, please be proactive. We may be able to help you find the resources you need. It may be clothing, food or heat that is needed or help with medications, holidays or an after school activity that your child might benefit from attending. Often families are uncomfortable about seeking help, but not doing so may leave a negative impact on the family as a whole. Our staff & community want to see children happy and healthy for optimal learning and development.

For more information or if you are interested in helping, contact Mrs. Fairbanks at 363-8301.