



# Notes from the Nurse



August/September 2023-2024  
Lindsey O'Hara & Deborah Proby



## We are looking forward to a great school year!

Welcome back SJS families, and welcome to the new families! We are looking forward to a successful school year. Our mission is to provide an environment that is safe, calming and comfortable for students. We are available to answer questions, provide clarification, or explain any health policies you have questions about.

## HOMEROOMS WITH ALLERGIES

PreK: Peanut and Tree Nut

Mrs. Kihn: Peanut and Tree Nut

Mrs. Fick: Peanut and Tree Nut

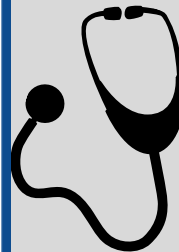


Mrs. Shannon: Tree Nut

Mrs. Ipoutcha: Peanut and Tree Nut



Middle School: Peanut and Tree Nut



Students will be required to wipe down all surfaces after eating, and if handling nuts in a room where there is no restriction, we will additionally, recommend handwashing.

**Back to SCHOOL 10 HEALTHY TIPS**

- Teach good hygiene habits
- Visit the doctors office
- Get back into the routine
- Provide healthy meals
- Stay hydrated and avoid sugary drinks
- Stay active with extracurriculars
- Calm worries and anxiety
- Manage allergies
- Check for head lice
- Choose the right school backpack

Thank you to all families that uploaded complete health forms by August 1st! it helps us identify students with health needs quickly. As we finalize review of the forms, you may hear from us regarding missed signatures and missing dental and/or OTC medication form. We appreciate timely follow-up so all students can be provided the best care at SJS.



St. Joseph School  
Cockeysville