



SPS Health Services Summer 2019 Newsletter

Summer is a great time to catch up on medical and dental appointments!

Just a reminder that all students entering Kindergarten and in grades 4, 7, and 10 are required to submit a copy of their 2019 physical exam and a copy of immunizations to the school nurse.

Are your immunizations up to date?

Please check in with your physician to be sure that all immunizations are up to date. Due to recent outbreak in measles this is especially important. Summertime travel means increased exposure to various diseases. Notify your physician if you will be traveling out of the country as there may be additional immunizations that are recommended.

Water Safety

Here are some important water safety tips from the American Academy of Pediatrics:

- Make sure your child (older than age 4) learns how to swim from an experienced and qualified instructor.
- Never allow your child to swim alone or play by or in water away from the watchful eye of an adult.
- Ideally, this adult should be trained in CPR. Also, teach your child to use the buddy system even when swimming with large groups of friends.
- Do not allow your child to engage in horseplay that might result in injury.
- Prohibit your child from diving unless someone has already determined the depth of the water and has checked for underwater hazards.
- Do not allow your child to swim in areas where there are boats or fishermen. Nor should your child swim at beaches where there are large waves, a powerful undertow or no lifeguards.
- Your child should always wear a life preserver when he rides in a boat. A life preserver fits properly if you cannot lift it off your child's head after he's been fastened into it. For the child younger than age 5, particularly the non-swimmer, it should also have a flotation collar to keep the head upright and the face out of the water.
- Even children swimming in a shallow toddler's pool need to be watched by an adult at all times.
- Inflatable pools should be emptied and put away after each play session.

Winchester Hospital offers CPR classes. Check out their community calendar at www.winchesterhospital.org or call 781-729-9000.

Please see the following website for some more tips on water safety:

<https://www.statefarm.com/simple-insights/family/swimming-and-water-safety-tips>



Wear a helmet and prevent a head injury!

When your child rides a bicycle *please* be sure that he/she wears a helmet and follow these helpful tips:

- Make sure the helmet straps are tight and that the helmet is pulled down to cover the front of your child's head.
- The helmet should meet the ANSI or ASTM requirements for certification.
- The industry recommends that helmets should be replaced every 3 years.
- Helmets that are too small, straps that are too loose, and helmets that are worn so far back that the forehead is exposed are not effective protection.



And please teach by example and enforce that all members of the family, regardless of age, wear helmets when riding bicycles.

We wish you a happy, healthy and restful summer!

