



Westfield Intermediate School Health



Summer Safety



Fireworks

Remember fireworks are illegal in Massachusetts, and are the cause of fires, injuries, and burns that permanently alter families lives each year. Leave the fireworks to the professionals by visiting a public fireworks display!

Water Safety

Always supervise kids while in or near water and teach kids to swim to prevent drowning. All adults and children should wear properly fitted life jackets every time you are on any type of watercraft.

Learn CPR—you could save a life!

Mosquitoes and ticks

Protect your family by preventing bites and diseases such as West Nile virus and Lyme disease by using an effective insect repellent and checking yourself and your children for ticks after outdoor activities. The following tips are taken from the American Academy of Pediatrics (aap.org)

- The most common repellents contain DEET. The amount of DEET in products varies, but the AAP recommends that products for children should contain no more than 30 percent DEET.
- Read repellent labels and always be sure to follow all directions and precautions.
- Apply the repellent to clothing or exposed skin only and avoid inhaling.
- When outside in the evenings or other times when there are a lot of mosquitoes present, cover up with long sleeved shirts, pants and socks to prevent bites.
- Once you return indoors, be sure your child washes with soap and water to remove the repellent and wash the sprayed clothing before wearing again.



Playgrounds

Check to make sure the surfaces under playground equipment are safe, soft, and maintained, and supervise kids in areas of potential falls such as stairs and high bars. Watch for rough, sharp, or rusty surfaces.

Food Poisoning

Illness causing bacteria grow quickly in foods that are not properly cared for. Remember to always wash hands before touching food, wash all produce before using, wash hands, utensils, and cutting boards after they contact meat or poultry and refrigerate food within 1 hour of serving.





Fun in the Sun...Remember Sun Safety!

Sun safety is important for all children to learn! The SunWise program through the Environmental Protection Agency is a great resource about staying safe in the sun. Education information is available at <http://www.epa.gov/sunwise/kids/>. Below is some of the SunWise program information.

Slip on a shirt!

Turtles have a built-in shirt. We have to wear a shirt that covers our shoulders. Wear a long-sleeved shirt and pants if it is not too hot.

Slop on sunscreen!

Pigs use mud as sunscreen. We put on sunscreen before we go outside, and put more on every two hours. If swimming or sweating, we need more. Look for a Sun Protection Factor (SPF) of 30 or higher that blocks UVA and UVB. Do not forget to wear it on cloudy days, too!

Slap on a hat!

The bumps over a camel's eyes act like a hat. We need to wear a hat to protect our face, neck, ears, and the top of our head from too much sun.. The wider the brim, the better!



Wrap on sunglasses!

The black rings around a meerkat's eyes are sunglasses. We need sunglasses to protect our eyes from the sun's rays. Look for a pair that blocks 99-100 percent of UVA and UVB rays.

Seek shade!

Remember the shadow rule like lions do. When your shadow is shorter than you are, seek shade! The sun's UV rays are strongest between 10 a.m. and 4 p.m.

From http://www.epa.gov/sunwise/kids/kids_actionsteps_print.html

End of the Year Business!!

Physical Exams for 7th Grade...

All students are required by Massachusetts law to have an updated physical exam and 7th grade immunizations dated within the last 12 months on record in school upon entry into Westfield Middle school.

If your student has had a recent physical exam, please send a copy in to school to get a jump start on next year. You may send the report in with your student now, in the Fall, or have the report faxed to the school nurse.

Fax: 413-572-1669



Medication Information



If your student has medication in the health office, it needs to be picked up by a parent, guardian, or planned designated adult by the end of the school day on the last day of school.

All remaining medication will be disposed of after school on the last day of school in accordance with the Department of Public Health Guidelines.

Epi Pens and Inhalers will be sent home in the student's backpack unless other plans are made in advance.

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Please feel free to call with any questions or concerns.