



# North Middle School Health News



## Life Threatening Allergies

The Westfield School Committee implemented a new Life Threatening Allergy (LTA) Policy on October 17, 2016. The policy states epinephrine administration training will continue to occur in accordance with the Massachusetts Department of Public Health and Department of Elementary and Secondary Education recommendations. Highlights of the policy are reviewed below, and the LTA Policy and the Implementation of the LTA Policy documents can be found on the Westfield Public School's website [www.schoolsofwestfield.org](http://www.schoolsofwestfield.org).

- The use of food for curriculum and instruction or special luncheons during the school day will be restricted upon approval by the principal. The use of food as a reward will be eliminated, unless specified in an IEP or 504 plan.
- All parties and celebrations during the school day will be food-free.
- No food or utensil sharing
- When necessary, allergy aware tables will be available in the cafeteria.
- No bake sales will be permitted at elementary or middle schools during the school day. Bake sales at these schools outside the school day are limited to those at which only adults are allowed to purchase products.
- At the elementary level, the need for an LTA-safe classroom will be handles on an individual basis when documented by a medical provider.
- Parent's have the responsibility to inform, in writing, the Director of Transportation of any LTA and give permission that the information be shared with the bus driver.
- The WPS staff is not responsible for implementing the LTA Policy and related protocols and procedures during (1) school sponsored activities beyond the school day that are open to the public (i.e. school athletic contests, plays, or ceremonies) or (2) programs or events on WPS property that are sponsored by various staff, parent, community, or private groups.
- School nurses are not available outside of school hours. WPS is not responsible for any event outside of the regular school day which is neither sponsored by WPS nor part of the WPS curriculum
- The Implementation of the Life Threatening Allergy Policy document can be found at:

[http://www.schoolsofwestfield.org/UserFiles/Servers/Server\\_952612/File/1District/School%20Committee/](http://www.schoolsofwestfield.org/UserFiles/Servers/Server_952612/File/1District/School%20Committee/)

## Common Allergens

- Nuts
- Shellfish
- Fish
- Milk
- Eggs
- Soy
- Wheat
- Stings from bees, wasps, yellow jackets or hornets
- Latex



# Cold Weather Safety

As the temperatures stay frigid, our kids need to suit up to stay warm and safe. Please remember to send your children outside with their skin covered when the temperatures drop. **Frostnip** and **Frostbite** can occur when skin is not protected from the cold elements.



**Frostnip** - Affects areas exposed to the cold such as cheeks, ears, nose, and fingers. This can be treated at home. Bring the child indoors, remove wet clothing, and re-warm cold parts in warm (not hot) water or with body heat. Do not rewarm with heating pads, fireplaces or stoves because the affected area of skin may not have full feeling and can be burned from the heat.

**Frostbite** - Looks like white, waxy skin that feels numb and hard. This requires immediate medical attention. Call your doctor or go the emergency department. If you cannot get medical attention right away, give your child a warm drink and begin to re-warm the affected areas. If the feet are affected, do not let the child walk. Immerse the area in warm water, wrap the child in blankets, and use body heat. Do not rub the area or use direct heat. Rewarming may include a burning sensation and skin may blister, swell, and may turn red, blue, or purple. When the area is pink and no longer numb, the area is thawed. Seek medical attention as soon as possible and prevent the area from re-freezing. [www.kidshealth.org](http://www.kidshealth.org)

# Helmet Safety

Helmets are an important piece of safety equipment that every student needs to wear! Massachusetts law requires anyone age 16 and under to wear a helmet when riding a bike, traveling on one as a passenger, or using in line skates, a scooter, a skate board, or any other manually propelled wheeled vehicle on a public way or path. Helmets are important during winter sports as well. **It is important to wear a helmet while skiing, snowboarding, sledding, and ice skating protects the head.** Helmets need to fit properly, and the straps need to be fastened at all times in order to provide protection.

Remind your child that wearing a helmet is a way to protect their head and their brain!

All students riding to school must have a helmet on and secured for their safety!

Lead by example! Kids watch and learn from the adults around them. Try wearing a helmet to protect yourself as well!

## How should a helmet fit?

A helmet should be worn squarely on top of the head and should cover the top of the forehead. The helmet will not protect the forehead if it is tipped back on the head. The helmet should fit well and not move around on the head or slide forward or back, and the chin strap should fit snugly.



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