

## February 2008 Health Office Note

Dear Haynes families,

This winter we have seen a prevalence of illnesses in the schools such as fever, upset stomach, and a good deal of strep throat. It is important to note that the strep is presenting with symptoms of vomiting and headache, not what one might ordinarily expect.

The Haynes school has been lucky this year in that we have avoided a lice outbreak. In an effort to prolong our good fortune in this regard, I am passing along information from a parent on an all-natural hair product for children which acts as a lice repellent. It is called Fairy Tales and can be purchased at [fairytaleshairecare.com](http://fairytaleshairecare.com). Inputting "haynes07" as the coupon code will provide you with a 20% discount.

In the month of February I will begin conducting height and weight checks on the whole school. While Massachusetts state law mandates that schools measure each child's height and weight annually, this is only one component of a comprehensive growth screening program. Height and weight information alone is a limited view of the child's growth pattern. However, growth screening that combines annual height and weight measurements to calculate the child's body mass index (BMI) enables school health professionals to more accurately:

- Measure students' growth and development patterns

- Detect growth abnormalities that may indicate a serious physical problem

- Identify students who may be at nutritional risk

- Identify students who are at risk for eating disorders

- Identify students who are overweight or at risk of becoming overweight

In order to measure and monitor our student's fitness status, and in conjunction with the DPH Comprehensive Growth Screening Program, we have developed a Health and Fitness Assessment Tool. Physical education teachers will conduct fitness assessments during physical education classes and will enter this information on each individual student's assessment form. Your child's height, weight and BMI are strictly

confidential and will not be discussed with anyone other than you. Your child's individual student fitness assessment form will be mailed to you at the end of the school year. This information is being provided to help you have a better understanding of your child's health and fitness status. If you have any questions about this, please don't hesitate to contact me.

Sincerely,

Lisa Nigrelli RN, BSN  
Haynes Health Office