

## **Health Office Highlights**

October 2017

### **Vision Screenings**

Vision screenings are scheduled for November 30, 2017 by Child Outreach. Children in grades 1-2-4 are screened for near vision. Children in grades K-1-2 are screened for ocular alignment. All children are screened for distance. A referral is mailed home if a child fails any of the screenings twice.

### **Physical Exams**

A physical exam is required for students in grades 1 & 4 (at elementary). Please send your child's completed physical exam form if you have not done so yet; thank you if you have sent it to school. If your child has had a recent physical exam your pediatrician may fax the results to Barrows (Fax #270-8505). If your child has an upcoming appointment, please let me know the date and doctor's name.

The school physical exams are scheduled for December 20, 2017. Dr. R. Ohnmacht (our school physician) will screen your child if there is no record of a recent physical.

### **Dental Exams**

A recent dental exam is required for all students in grades K-5. Please send your child's completed dental form if you have not done so yet; thank you if you have sent it to school. This form may also be faxed to Barrows.

### **Asthma and Allergies**

With the change of seasons we have a change in the weather; the cool, dry air of autumn may trigger asthma and allergies.

The American Academy of Allergy, Asthma and Immunology states that "if you have asthma, the airways in your lungs are usually inflamed. During an asthma flare-up these airways get even more swollen, and the muscles around the airways can tighten." This can trigger wheezing, cough, chest tightness and shortness of breath.

Allergies are characterized by over-reaction of the immune system to certain substances that are inhaled, eaten, injected or touched. Some symptoms include: sneezing, runny nose (clear drainage), itchy nose or throat, coughing and/or skin rashes/hives."

Lastly, there are a few remaining dates for flu clinics, please see the Flu Clinic Flyer for dates and times. Please feel free to call the nursing office with any questions/concerns (270-8503).

Dawn Harty, RN, SNT  
School Nurse Teacher