



Welcome from the Memorial School Nurse!

My contact information is:

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### **Medications and Medical Conditions**

Please notify the nurse of any acute or chronic medical conditions/injuries or medications regarding your child. Medications or treatments can be given at school with parental permission and a doctor's order. If your child takes a medication daily in the morning, you may want to supply the nurse with a couple of doses just in case your child forgets to take it at home.

### **Flu vaccines**

Flu vaccinations will again be offered to all Memorial Middle School students and their families. Permission slips will be sent home with your child, and will be posted on the blog. If you want your child to receive the influenza vaccine, please sign the permission slip and have your child return the form to the Nurse's Office.

### **Physicals**

If your child had a physical exam and/or immunizations by their primary care provider, please send a copy in to the nurse's office. This keeps their school health record and immunizations up to date. All 7<sup>th</sup> graders are mandated to have a physical exam and provide documentation of the physical and immunizations to the nurse's office. Any 8<sup>th</sup> graders who have not sent in a physical/immunizations documentation, please do so ASAP.

### **SBIRT (Screening/Brief Intervention/Referral/Treatment) for Substance Use, Vision and Hearing Screenings**

SBIRT, vision and hearing screenings are done in the fall on all 7<sup>th</sup> grade students. Any abnormal findings with the vision or hearing will be communicated to the parent or guardian and further screening will be recommended. If you have any concerns about your child's vision or hearing, please call the nurse's office and I will screen your child ASAP.

### **Postural Screening**

Postural Screening is done in the spring on all students in grades 5-9. Any abnormal findings will be communicated to the parent or guardian and further screening will be recommended.

### **Nutrition**

Please remember to encourage your child to have a healthy breakfast. Many students come to school without breakfast. Breakfast is the most important meal of the day. It is very difficult for a child to be alert and learn in the classroom if they have not had anything to eat in the morning.

Please notify the nurse and the food service director of any dietary restrictions or allergies.

### **Hygiene**

Middle school is a time of tremendous growth and change. Please encourage your child to be conscious of their hygiene. They should be taking showers daily and using deodorant.

### **Sleep Habits**

Middle School children typically need about 10 hours of sleep per night. All electronic devices should be turned off during the night. A good night's sleep will help your child to do well in school.

### **Exercise**

It is recommended that all children participate in 60 minutes of exercise per day. This can be riding a bike, walking on the beach, playing a team sport, or playing Frisbee in the backyard!

Please feel free to contact me if you have any questions or concerns about your child's health!