



From the Nurse's Office

New Paltz Middle School

September/October 2018

Hello NPMS families,

I hope your children have had a good start to the school year!

Sepsis

This month I want to share some valuable information about sepsis. Sepsis is a medical condition which results from an immune system response to an infection. According to the National Institute of Health, sepsis is currently the leading cause of death for infants and children worldwide. Sepsis became much more well known with the tragic death of a 12 year old boy from Queens, NY named Rory Stanton. Rory was a healthy 12 year old boy that fell and cut his arm in gym class. Within 3 days, he had passed away from complications of sepsis which were caused by the cut he sustained in gym class.

Cuts, scrapes, urinary tract infections, and post-operative infections can all lead to sepsis. Some symptoms of sepsis include, but are not limited to :

- Rapid breathing and fast heart beat
- Pale or mottled skin
- Confusion or sleepiness
- Fever and chills
- Feeling the sickest you've ever felt
- Extreme pain

The easiest way to reduce the risk of acquiring sepsis is to practice good hygiene such as washing hands regularly, and using basic first aid techniques when caring for minor cuts and/or scrapes.

All my best,

Nurse Erin

Winter 2018 SPORTS SIGN UPS



Signups for the 2018 winter sports season will begin on October 13, 2018. The winter sports season will officially start on November 13, 2018. Students must have a current physical on file. Your student athlete can be signed up by utilizing the Final Forms program which is located on the district website. To register your child, please go to the athletics page on the district website or click the link located below.

<https://newpaltz-ny.finalforms.com/>

If you would like your child to test up for a JV or Varsity level sport, please contact Ms. Jenna Manning in the Athletics Office. She can be reached by calling 845-256-4151



Additional resources on sepsis can be found at the following websites:

www.cdc.gov/sepsis/index.html

<https://www.sepsis.org/>