



# "From the Nurse's Office"

New Paltz Middle School

Spring 2019



**Welcome NPMS families!** I hope everyone had a wonderful and fun-filled spring break! It's difficult to believe that there are only 8 more weeks remaining in this school year! Now that the warmer, sunnier days are here, I'd like to remind everyone about safety from the sun.

- Seek shade, especially during midday hours. This includes 10 am to 4 pm, March through October, and 9 am to 3 pm, November through February. Umbrellas, trees, or other shelters can provide relief from the sun.
- Be extra careful around surfaces that reflect the sun's rays, like snow, sand, water, and concrete.
- Wear sun protection gear like a hat with a wide brim and sun glasses to protect your face and eyes.
- Sunglasses protect your eyes from UV rays and reduce the risk of cataracts and other eye problems.
- Apply a thick layer of broad spectrum sunscreen with an SPF of 15 or higher at least 15 minutes before going outside, even on cloudy or overcast days. Reapply sunscreen at least every 2 hours and after swimming, sweating, or toweling off.



Source: Centers for Disease Control (CDC.gov)

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I also want to announce that Doctor Balutowski, our school physician, will be on site to provide physicals on May 15. All students in 7th grade will need to have a physical wellness exam completed during this school year. If your child plans to participate in a fall sport, I recommend you sign your child up for a sports physical, which can be completed while Dr. B is here at the middle school.

As always, please call with any questions or concerns that you may have.

All my best,

Nurse Erin



## SPORTS

Signups for the Fall 2019 sports season will begin in August.

**\*\*If your child would like to test up for a JV or Varsity Sport, please contact Ms. Jenna Manning at the NP Athletic Office. \*\***

Please register your student at:

<https://newpaltz-ny.finalforms.com/> and follow the prompts to create your account, add your students and sign your forms.

