



# "From the Nurse's Office"

New Paltz Middle School

January 2017

**Hello NPMS families! I hope everyone had a wonderful and relaxing Winter Recess!**

My December newsletter addressed the prevalence of cold and flu season and provided some tips to prevent as well as manage cold and flu symptoms. One additional topic to be discussed during the cold winter months is the prevalence of head lice. Winter is a time in which lice can be transmitted via clothing layers, hats, gloves, scarves. [According to the Mayo Clinic](#), symptoms of lice infestation include:

- Intense itching
- Tickling feeling from movement of hair
- Lice on your scalp, body, clothing, or pubic or other body hair. Adult lice may be about the size of a sesame seed or slightly larger
- Lice eggs (nits) on hair shafts. Nits resemble tiny pussy willow buds. Nits can be mistaken for dandruff, but unlike dandruff, they can't be easily brushed out of hair
- Small, red bumps on the scalp, neck and shoulders

### **Tips to avoid getting lice:**

- Never share jackets, combs, brushes, hats, hair accessories, sports equipment like helmets or jerseys
- Never play in another child's bedding during play dates
- Check hair often and watch for signs of infections such as itching

**For additional information on head lice, please refer to the CDC website below.**

<https://www.cdc.gov/parasites/lice/head/>

The NPCSD head lice policy is located:

<http://www.newpaltz.k12.ny.us/domain/27>

All my best,

Nurse Erin

## **SPRING SPORTS SIGN UPS**



Signups for the 2017 sports season will begin on Monday, January 30. Modified Spring sports include:

- Baseball
- Track and Field
- Softball
- Boy's Tennis (Varsity)
- Girl's Golf (Varsity)
- JV/Varsity Lacrosse

To sign up, your son/daughter must have a current physical, signed consent forms, and an emergency contact card filled out.

Sign-up sheets as well as consent forms will be available in the Nurse's Office. Forms are also available on the District Website at the link below. Test-ups for JV and Varsity level sports will be held at the high school on Feb 27th and 28th.

<http://www.newpaltz.k12.ny.us/cms/lib/NY01000611/Centricity/Domain/26/PERMISSION%20FORM1314.pdf>

