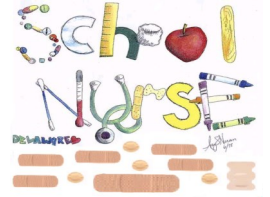




"From the Nurse's Office"



New Paltz Middle School

March/April 2017

Hello NPMS families!

It's difficult to believe that we're in the month of March and the official start of Spring is only a few days away! Although we are seeing the end (hopefully) of cold and flu season, this time of year brings it's own set of discomforts. Seasonal allergic rhinitis (commonly known as seasonal allergies) is most often caused by varied types of pollen. Tree pollen is prevalent during the early spring months; grass pollen during the late spring and early summer, and weed pollen during late summer and fall. It is very common for people to confuse the symptoms of cold vs. allergy. The chart below is a good reference to use if you're unsure of whether or not your child is more likely to have a cold vs. an allergy.

	Colds	Allergies
Occurrence of symptoms:	Symptoms often appear one at a time: first sneezing, then a runny nose, then congestion.	Symptoms occur all at once.
Duration of symptoms:	Generally last from seven to 10 days.	Continue as long as a person is exposed to the allergy-causing agent (allergen).
Mucus:	Often a yellowish nasal discharge, due to an infection.	Generally a clear, thin, watery discharge.
Sneezing:	Less common than with allergies.	More common than with colds, especially when sneezing occurs two or three times in a row.
Time of year:	More common during winter.	More common in spring through fall, when plants are pollinating.
Fever:	May be accompanied by a fever.	Not usually associated with a fever.



SPRING SPORTS TRYOUTS

Tryouts for Girls Modified Softball will begin on **Monday, March 13th @ 2:45** in the gym

Tryouts for **Modified Baseball** will begin on **Tuesday, March 14 @ 2:45** in the Middle School gym.-

*****For those trying out for softball, please remember to bring your glove to practice on Monday*****

Wishing all of you an enjoyable and Happy Spring!

All my best,
Nurse Erin

