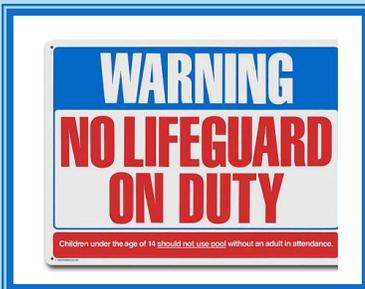


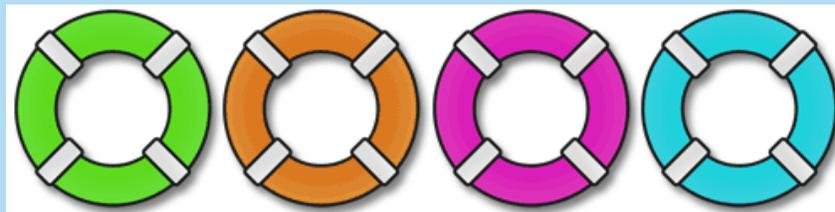


## THE STETHO SCOOP



### Family Pool Safety

- ☐ **Have Family Rules** for your pool. Ensure everyone knows them and can restate them.
- ☐ **Keep Children Away** from the filter inlet, which can be hazardous to young children by drawing them underwater.
- ☐ **Teach Your Children to Swim** and encourage them to wear protective floatation devices. Don't rely solely on floatation devices.
- ☐ **Install Fencing** to keep people out of the pool without your knowledge.
- ☐ **Evacuate the Pool** in the rain or if lightening is seen.
- ☐ **Outline Pool Safety** for babysitters.



### DON'T....

- ☐ **Don't** swim alone!
- ☐ **Don't** leave children unattended, even for a minute. 70% of drowning victims were out of site for less than five minutes.
- ☐ **Don't** drink alcohol and swim. Alcohol and swimming do not mix!
- ☐ **Don't** dive into the shallow ends!
- ☐ **Don't** allow pushing into the pool!

Pool Safety Checklist: ■ Have a cell phone in the area to call 911 for emergency.

- Collect all toys from the pool at the end of the day, so children don't wander in after them.
- Make sure that at least one adult knows CPR.
- Check the gate, alarms and safety covers before leaving the pool area!

## Immunizations over Summer:

Many students (those entering Pre-K, Kindergarten & 1 year olds) will need vaccines before the start of the 2019-20 school year. According to Arizona State Law, students will not be able to attend the first day of school without documentation of required vaccinations. As your children attend well visits between now and the start of next school year, please obtain a copy of shots given at the visit. You can turn them in now to the Nurse's office! Look for the school fax number or the Nurse's email on your school website

\*\*Please send copies to the Nurse's Office to get these vaccinations added to the student profile prior to the start of school to avoid disruption in your child's education. Once you provide the records to any SUSD school and they are added to the student profile, they will carry over to all other SUSD schools.

## **Summer Well-Checkups and Sports Physicals**

A sports physical is required to participate in SUSD sports. The sports physical is also endorsed by the National Federation of State High School Associations.

A thorough history along with a discussion of your child's symptoms and overall health with a physical exam will help to target children who may be at risk of health problems while playing sports.

Who should do these examinations? There are many places locally to obtain a sports physical. Your pediatrician can cover a yearly well exam and fill out your SUSD sports paperwork all in one visit. If you have just the sports physical, you will be less likely to also go to your pediatrician for a yearly well child exam.

What is the benefit of seeing your pediatrician instead? In addition to the sports physical, your pediatrician will be able to discuss other problems, such as acne or your child's chronic medical problems. Your pediatrician will also likely discuss other important topics, such as academics, emotional well-being, nutrition, safety, injury prevention, avoiding using drugs/alcohol/cigarettes, puberty and sex education, and being safe on the internet.

See your school website and look under Athletics for the sports physical paperwork. Then, you will go to your appointment with your important paperwork in hand.

## LICE FACTS

As you send your child off to camp this summer or as you embark on family travel, please be aware of risk for lice infestation. Sleepovers at a friend's house, at camp or at a relative's house pose a risk of exposure.

It is best to treat aggressively at the first signs. **What can you do?** Make it a part of your routine to check your child weekly for signs of lice. If you are unsure of what to look for, please contact your School Nurse. We are here to help!