



Spring has Sprung!

And with the change of season comes peak season for Allergy and Asthma sufferers. If you or your child suffers from allergies, you may have some of the following symptoms: itchy skin, coughing, sneezing, itchy eyes, runny nose, and scratchy throat.

Common allergy triggers are pollen, grass, mold, pet dander and dust mites. Some allergens can also trigger problems with asthma.

Here are a few treatment tips to try to help control your allergies:

- Avoid allergens. Keep your homes clean (dust and vacuum regularly).
- Use over the counter antihistamines and decongestants as directed.
- Keep air filters clean and use air purifiers if needed.
- Allergy testing and treatment by a doctor.



- Take all asthma medications already prescribed by your doctor to keep asthma under control.

Please fill out an Allergy or Asthma Action Plan for your child if they have either one these conditions. These forms are available in each school and on the district web site. Talk to your child's doctor about the best daily management for their symptoms.

Vision Screening at School vs. Professional Evaluation

Each year, the WCSD Nurses, with the assistance of the PTA, Lion's Club and Friends for Sight, perform vision screenings for pre-k, 1st, 3rd, 5th and 7th grades. Our school vision screenings are not a replacement for a professional eye exam but are designed to detect a child at risk for visual problems and eye conditions that could potentially impact the students' ability to learn or academic performance. Students receiving a vision screening referral from the school, as well as those who exhibit any signs or behaviors of visual problems should be evaluated by an eye care professional or primary care physician. **Contact your school nurse to see if you qualify for financial assistance in obtaining a professional exam for your child, and if prescribed, glasses.**

The website, www.preventblindness.org, has a list of signs and symptoms you can watch for that may indicate your child has a visual problem.

Concussions

As Spring sports begin and kids are outside playing more in the warmer weather please be aware of the risk of concussions.

What is a concussion?

The Center for Disease Control and Prevention defines a concussion as “a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly.”

Always remember you can't see a concussion. There are various signs and symptoms to watch for and they can show up right after an injury or they may not appear or be noticed until hours or days after the injury. Please see the attached “Fact Sheet for Parents” about Concussions. If your child is returning to school after a concussion, please talk to your child's school nurse and teachers about the support your child will need at school.

April is World Autism Month

What is Autism? The Autism Speaks organization defines Autism, or Autism Spectrum Disorder (ASD), as “a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication”. There is not one type of autism but many subtypes.

Here are a few facts about autism that are found on the Autism Speaks website:

- *Autism affects an estimated 1 in 59 children in the U.S.
- *Autism affects more than 70 million people worldwide
- *Autism can be reliably diagnosed around age 2 but the average age remains 4
- *Autism is a lifelong condition

This is a great time to increase your own and your child's understanding and acceptance of those around us with autism. If you have any questions about autism, please feel free to ask your school nurse for more information.



A FRIENDLY REMINDER...

To have your child's immunizations done before school starts in August. If your child has already received their required immunizations, please bring a copy of them into your child's school. If you have any questions about immunizations, please feel free to contact your school nurse.