



# Healthy Learners in School Newsletter

## Healthy Learners in School Nurses: Have a Healthy and Safe Summer

### Want to know more about ...

- Ticks
- Immunization and communicable disease
- Nutrition 711
- Injury Prevention—  
Helmets, Pedestrian
- Heat-Related Illness

Thank you for all the support during the 2018-2019 school year.

Here is some useful information for your school community.

### Hampton Education Centre

Ann Hogan BScN RN

### Saint John Education Centre

Alberta Stanton Rousselle RN BN

### St. Stephen Education Centre

Joyce Walker-Haley BScN RN

## What Do You Need to Know About Communicable Diseases and Immunizations

Check these GNB links below for information

[Immunizations](#)

[Measles](#)

[Whooping cough](#)

[Chickenpox](#)

As we enjoy the sunshine and warmer weather, please keep in mind that this is tick season in New Brunswick. If a child comes to the school office with a tick-like organism protruding from their skin; it is not the school's role to remove the tick. The parent/guardian will be notified that their child has a tick embedded in their skin, and needs to have it removed by them or a health professional. You can use a marker to make a small circle on the child's skin to indicate the tick's location. If the tick falls off, you should still look for any tick parts that may still be under the skin. The tick site should be watched for a rash. Please check this sheet for more information [Tick Fact Sheet](#)

[Insect repellents](#)



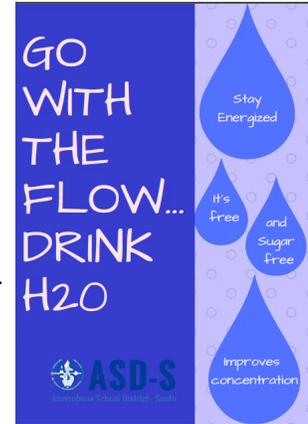
[gnb.ca/ticksmart](http://gnb.ca/ticksmart)

BRUNSWICK

## Canada's New Food Guide



Remember to eat healthy and stay hydrated this summer.

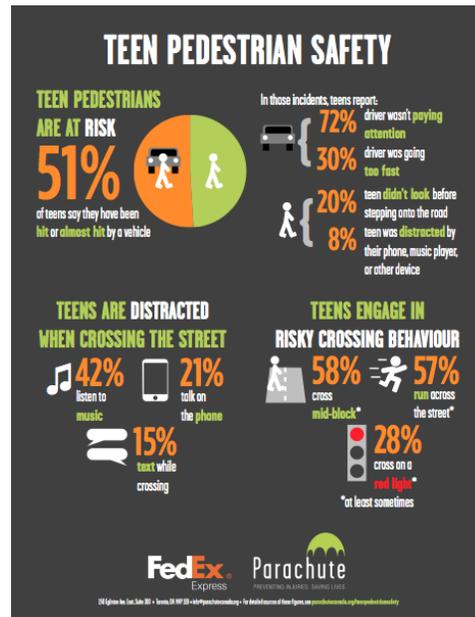


### It's Time to Get Outside and Enjoy the Warmer Weather

With warmer weather here it is important for everyone to be reminded how to live, work, and play safely in the summer months. The links below provide information about Pedestrian and Cycling Safety that will help families plan for a safe summer, no matter what activity they choose to do.

Check out [Parachute Canada](#) for information about cycling safety.

Click here for information about [Pedestrian Safety](#)



# Concussion – Concussion: When In Doubt Sit Them Out

[Concussion Awareness Training Tool Online](#)



The LINK Program is a tool to help connect people with resources in their community. Regardless of where youth and staff may travel in New Brunswick over the summer months, this resource is only a click away.

**Strategy for RETURN TO SCHOOL after a Concussion**

**AT HOME**

- Step 1:** Cognitive & physical rest (24-48 hours)
  - OK if tolerated: Short board games, Short phone calls, Camera photography, Crafts
  - Not OK: School, Physical exertion/active climbing, Organized sports
- Step 2:** Light cognitive activity
  - OK if tolerated: Easy reading, Limited TV, Drawing/LEGO, Board games, Some peer contact
  - Not OK: School, Work, Physical exertion/active climbing, Organized sports
- Step 3:** School-type work/Light physical activity
  - OK if tolerated: School-type work, School attendance, Light physical activity, Some peer contact
  - Not OK: School, Work, Physical exertion/active climbing, Organized sports

**AT SCHOOL**

- Step 3a:** Part-time school (Light load)
  - OK if tolerated: Up to 120 mins of cognitive activity in chunks, Homework, Some light physical activity
  - Not OK: Music/Phys. Ed class, Tests/exams, Heavy physical activity, Organized sports
- Step 3b:** Part-time school (Moderate load)
  - OK if tolerated: Limited testing, School work for 4-6 hours/day, Homework up to 30 mins/day, Decrease learning accommodations
  - Not OK: Phys. Ed class/physical activities, Standardized tests/exams, Organized sports
- Step 4a:** Nearly normal workload
  - OK if tolerated: Nearly normal cognitive activities, Double school homework up to 60 mins/day, Minimal learning accommodations
  - Not OK: Phys. Ed class, Standardized tests/exams, Full participation in organized sports
- Step 4b:** Full-time
  - OK if tolerated: Normal cognitive activities, Routine school work, Full participation in learning accommodations
  - Not OK: Full participation in school activities, Full participation in organized sports

Return to Sport Strategy: Tolerate school work up to 120 mins a day for 1-2 days/week; Tolerate school work 4-6 hours/day in chunks for 2-4 days/week; Tolerate full-time academic load without warning symptoms; Return to Sport Strategy.

Concussion resources for athletes, teachers, coaches and trainers, parent and caregivers, as well as a statement on baseline testing have been posted on the ASD-S website under Parent Resources.

If you would like someone to attend a staff meeting to provide information to staff let your healthy learners nurse know.

A PowerPoint presentation will be available for school administrators to use for staff in the near future.

More in depth information and forms can be found on the

ASD-S One Site under Health Related Resources.

Resources are also available at [Parachute Canada](#)



## Recognizing Heat-Related Illnesses

While the warmth of summer sunshine is a delightful part of life in New Brunswick, our extreme heat events can also be dangerous. Here is information about how to prevent heat stress, and to recognize the signs of heat related illness.

[Heat Alert and Response System \(HARS\)](#)

