

# SCHOOL NURSE NEWSLETTER

## SUPPORTING OUR STUDENTS DURING COVID-19



### How to wear a cloth face mask.

Cloth face coverings should

- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be laundered and machine dried without damage or change to shape



Homemade masks made by our nurses

### Cloth Face Coverings for Children During COVID-19

Here are a few ideas to help make them seem less scary for children:

- Look in the mirror with the face coverings on and talk about them.
- Put a cloth face covering on a favorite stuffed animal.
- Decorate them so they're more personalized and fun.
- Show your child pictures of other children wearing them.
- Draw one on their favorite book character.
- Practice wearing the face covering at home to help your child get used to it.



American Academy of Pediatrics

### What are your nurses up to?

**HEIDI SETCHEL, RN, BSN, CSN**

COVID-19 is a public health concern, and the Cherry Hill school nurses are here for our students while practicing 21<sup>st</sup> century school nursing. Currently, the nurses are working together to review and update the policy and procedure manual, standing orders, and frequently used forms. The nurses participate in virtual meetings to collaborate with staff, students and families to ensure that the student's health and learning needs are met.

In addition, the nurses are researching and attending online professional development classes to stay current with COVID-19, CDC, health department guidelines and other health related recommendations. When our nurses are not working, many are volunteering in various capacities. All of the school nurses are available for communication with the students and families to connect while schools are closed. You can reach out to your building nurse via email, which is located on your school's website or the nurse's e-board.

### IN THIS ISSUE

**CLOTH FACE MASKS**

**CHERRY HILL NURSE UPDATES**

**SELF-CARE**

**Take it Easy!**

*Self-Care will help your whole family.*

**Make time for yourself**

Designate personal time

**Prioritize healthy choices**

Try to eat healthy and get proper amount of sleep.

**Be realistic**

Give yourself forgiveness and try your best to not be hard on yourself.

**Set boundaries**

Limit your exposure to news coverage and social media that can invoke worst-case scenarios.

**Reconnect with things you enjoy**

Do a hobby or activity you enjoy but don't normally have time for.

**FAMILY HELPLINE**

The Family Helpline allows parents facing difficulties to reach out for support to prevent a crisis before it occurs.



Trained counselors will listen and connect you to supports and resources that are available in your own community.



OPEN 24/7

**1 (800) 843-5437**  
**1 (800) THE-KIDS**

\*Trained volunteers from Parents Anonymous of New Jersey, Inc. will provide a listening ear, provide information & refer you to resources



**CDC EXERCISE RECOMMENDATIONS**

**Preschool-aged children (ages 3 through 5 years)** should be physically active throughout the day for growth and development.

Adult caregivers should encourage preschool-aged children to be active when they play—aiming for 3 hours a day—and limit their screen time.

**Children and adolescents ages 6 through 17 years** should do 60 minutes (1 hour) or more of moderate-to-vigorous intensity physical activity each day, including daily aerobic – and activities that strengthen bones (like running or jumping) – 3 days each week, and that build muscles (like climbing or doing push-ups) – 3 days each week.

*Tips for supporting kids*

• **Keep a Routine**

Sticking to a regular schedule is key, even when you're all at home all day. Kids should get up, eat and go to bed at their normal times. This routine will help calm them and give them a sense of normalcy.

• **Be Creative about Exercise**

Take a daily family walk or bike ride or do yoga. Find some ways to let kids burn off energy and make sure everyone is staying active.

• **Manage your own anxiety**

If you're feeling overwhelmed, step away and take a break.

• **Stay in Touch Virtually**

Keep your support network strong, even when you're only able to call or text friends and family. Technology can help your children feel connected to their friends and family.