

ST MARY
HEALTH OFFICE
APRIL NEWSLETTER

Dear Parents/Guardians,

Good bye to the dreary weary wintry weather. At last it is spring when everything seems to come to life and flower buds begin to bloom.

Health physicals are mandated for all new students and students in pre-k, kindergarten, first, third, fifth, and seventh. These are also the grades that students will be required to receive a physical for next year. Examination forms will be going home in the next few months.

Sixth grade students will be required to receive the Tdap vaccine for next year enrollment. It is state mandated. Seventh graded students will be required to receive meningitis vaccination. It is also state mandated. Forms will be going home for these requirements in the next few months.

Personal hygiene is very important. It is a daily ritual that you need to do every day for your health and well being. Daily showers/baths, washing of your hair, brushing of your teeth are all positive things that you can do for yourself to give a positive self image and it does help you feel good. Eating healthy and daily exercise are also ways to stay in good health and help prevent unhealthy habits. All these measures you can control and it will help instill positivity.

I thank you one and all for all that you have been doing to abide by the protocol in place to help insure the safety of all students and staff here at St. Mary. We have been very fortunate to have been able to remain open all these months during COVID. I do appreciate your cooperation.

May everyone here in the St. Mary community enjoy a blessed Easter. Have a relaxing Easter break, God Bless.

Respectfully,
Stephanie Psomas RN