

# NOTES FROM THE NURSE

January 2018

- Our school physician, Dr. Lambert can do a free sports physical, if one is needed. Down load from the website or stop in the office to pick up the forms, including a permission slip.
- Immunizations needed for parents, guardians

**Annual Flu Shot and tDap-** tetanus, diphtheria and pertussis(whooping cough)- fatal to infants, elderly and those on chemotherapy or radiation.

The vaccines listed below are not mandatory but are strongly suggested for girls and boys to prevent cancer of the liver, reproductive system and mouth cancers. Please check with your doctor and have you child immunized. **Hepatitis A and HPV.**

**GET HEALTHY/ GET FIT** Join the Weight Loss Challenge and after school walking club, work out in the weight room. Stop in for more information.