



Nurse Kate's Corner

Hello Bruin Families! Please check out my letter for some updates on COVID-19 and a health warning. Attached with the letter is also the Medical Clearance letter and the School Exclusion Criteria Flowchart – please take a look and let me know if you have any questions. Also if you have immunizations to turn in please get it in by October 15th – I have already sent out document reminders in the kid's backpacks. Remember:..Mask, Distance, Wash hands!



Around Town

Seton Open House

Shine at Seton's Open House on Thursday, November 5 beginning at 4:30 p.m. Pre-registration will be required.



PTG News

PTG now has a venmo account set up! The account name is @StTeresa_PTG



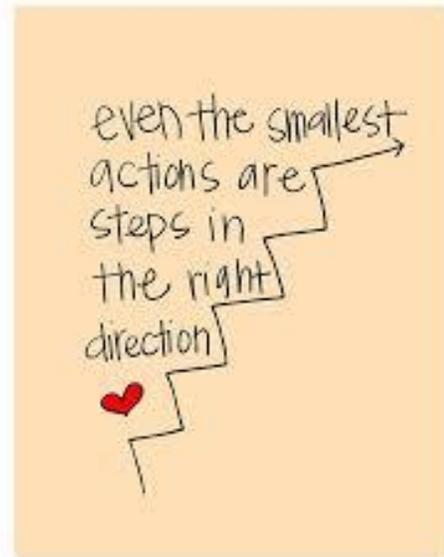
Toys Needed

Kindergarten is looking for some gently used toys to play with on recess.

We are looking for things easy to clean and sanitize. Each kindergartner will have a play bag to keep toys separate that they can take to recess to play with on their play space. Toys that might be good ideas are hot wheels, polly pockets, trains, small plastic animals, legos, coloring books, dinosaurs, etc. If you have anything you could donate we would greatly appreciate it. Please just send it to school marked recess toys.

Thanks in advance for your help! Mrs. Rollinger

Quote of the Week...



Athletic News



2020 - 2021 Boys Basketball Signups

Signups for Boys Basketball Grade 3 thru 12 are now available online thru the Blue

Sombrero website.

Visit www.stteresaathletics.com and click on the link "All Open Registrations. Any questions please contact Mark Schwarz @ 513.500.7629 or staaboybasketball@gmail.com.





St. Teresa of Avila School

October 2020



“Radiate Christ”



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Pregnancy Center West for 7 th & 8 th 2:45 – 3:30 Drop Off/Pick Up	2 “B” Feast of the Guardian Angels 1 st & 8 th Buddy Picnic Spirit Wear Orders Due	3
4 St. Francis of Assisi Mrs. Faillace’s Birthday! Nurse Kate’s Birthday!	5 ADM Week Fire Prevention Prevention Week	6 7 pm Bingo	7	8 \$2 ESAP Out of Uniform	9 “A” First Trimester Interims Go Home	10
11	12 No School Columbus Day Mrs. Steven’s Birthday!	13 7 pm Bingo	 Skyline Lunch	 Feast of St. Teresa of Avila Mrs. James’ Birthday! Last Day to Wear Shorts 2:45 – 3:30 Drop Off/ Pick Up	16 “B”	17
18	19	20 7 pm Bingo	 Mrs. Wuebling’s Birthday!	22	23 No School Teacher In-Service	24
25	26	27 7 pm Bingo	 LaRosa’s Lunch	 29 Spirit Day! 2:45 – 3:30 Drop Off/ Pick Up	30 “A” Free Halloween Out of Uniform	31

A message from Nurse Kate...

October 1st, 2020

Hello Bruin Families!

This letter has three topics I would like to review with you all this week: Washing, COVID-19, and a Health Warning.

WASHING: Our students are doing beautifully with wearing their masks and keeping distanced! Please help us teach proper handwashing technique as shown below. I am constantly seeing our kiddos put the soap on their hands, scrub 3 seconds, and immediately wash it off. Unfortunately, this does nothing for getting the bacteria off their hands – 20 seconds has been proven to break down the fat layer on bacteria – we just have to be patient in washing!



COVID-19: We are so grateful for your efforts in keeping all of our Bruins safe - in-person and remotely. In continuing this prevention measure - below are the guidelines for when to send your kids to school and when to keep them home. If you have any questions, feel free to call us for guidance. Please take notice under Return to School Criteria - if your child has symptoms under the Medical Clearance box, they may not return to school without a physician's note. There is one provided to this document labeled

HEALTH WARNING: It has come to my attention that the app TikTok has a challenge called "The Benadryl Challenge". It is imperative that you know about this and speak

with your children about how dangerous this is. There are NO antidotes (reverse medications) to Benadryl. See below for the report I have received.

FDA: Benadryl - Serious Problems with High Doses of the Allergy Medicine

The US Food & Drug Administration (FDA) has issued a warning about potential problems using Benadryl at high doses. Since this medication is sold over the counter, many people think there are few side effects--including teens participating in the "Benadryl Challenge" on TikTok. Please see below for the information from the FDA as well as a link to information about the "Benadryl Challenge."

Benadryl (diphenhydramine): Drug Safety Communication - Serious Problems with High Doses of the Allergy Medicine

TOPIC: Benadryl (diphenhydramine): Drug Safety Communication - Serious Problems with High Doses of the Allergy Medicine

AUDIENCE: Consumer, Patient, Health Professional, Pharmacy

ISSUE: FDA is warning that taking higher than recommended doses of the common over-the-counter (OTC) allergy medicine Benadryl (diphenhydramine) can lead to serious heart problems, seizures, coma, or even death. FDA is aware of news reports of teenagers ending up in emergency rooms or dying after participating in the "Benadryl Challenge" encouraged in videos posted on the social media application TikTok. (see link below)

FDA is investigating these reports and conducting a review to determine if additional cases have been reported. FDA will update the public once the review is complete or if there is more information to share.

BACKGROUND: Diphenhydramine is an antihistamine used to temporarily relieve symptoms due to hay fever, upper respiratory allergies, or the common cold, such as runny nose and sneezing.

RECOMMENDATION: Consumers, parents, and caregivers should store diphenhydramine and all other OTC and prescription medicines up and away and out of children's reach and sight. FDA recommends you lock up medicines to prevent accidental poisonings by children and misuse by teens, especially when they are home more often due to the COVID-19 pandemic and may be more likely to experiment.

Always read the Drug Facts label included on all OTC medicines to find out if they contain diphenhydramine, how much and how often you should take them, and important safety information. Do not take more than the dose listed on the label, as doing so can cause serious problems. If someone takes too much diphenhydramine and is hallucinating, can't be awakened, has a seizure, has trouble breathing, or has collapsed, immediately get medical attention or contact poison control at 1-800-222-1222 or online <https://www.poison.org/> .

Health care professionals should be aware that the “Benadryl Challenge” is occurring among teens and alert their caregivers about it. Encourage teens and caregivers to read and follow the Drug Facts label.

["Benadryl Challenge" Information - Click Here](#)

In the event of an overdose, health care professionals should attempt to determine whether a patient with a suspected overdose took diphenhydramine.

Patients and health care professionals are encouraged to report adverse events or side effects related to the use of these products to the FDA's MedWatch Safety Information and Adverse Event Reporting Program:

- **Complete and submit the report online.**
- **Download form or call 1-800-332-1088 to request a reporting form, then complete and return to the address on the form, or submit by fax to 1-800-FDA-0178.**

Please let me know if you have any questions or concerns, stay safe and healthy!

In health and wellness,

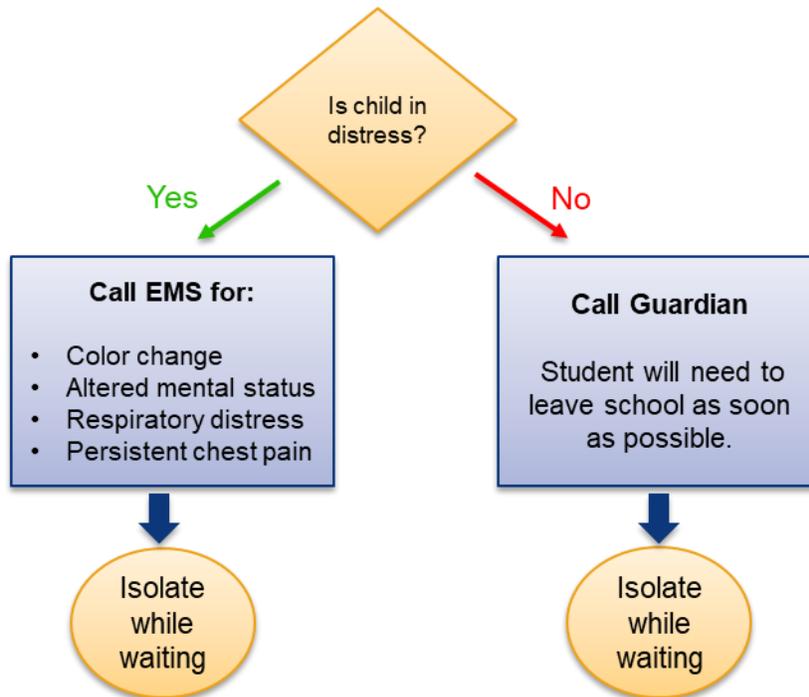
Kate Gross

School Nurse

School Exclusion Criteria

Student Presents with COVID-19 Symptoms

- Fever (\geq 100 F)
- Headache
- Chills
- Muscle Aches
- Fatigue
- New onset or worsening nasal congestion **not** associated with allergy symptoms
- Nausea/Vomiting
- Diarrhea
- Loss of Smell/Taste
- Sore throat
- New onset cough
- Chest Pain/ Difficulty Breathing





Return to School Criteria

Parent Clearance

If any one of these symptoms is present in **isolation** (only one of them) **AND** completely resolves a child may return with a note from the parent only:

- Headache
- Nausea/vomiting
- Fatigue
- Muscle aches

Medical Clearance

If any of these symptoms were present medical clearance is recommended to return to school:

- Fever
- Chills
- New onset or worsening nasal congestion **not** associated with allergy symptoms
- Diarrhea
- Loss of Smell or Taste
- Sore throat
- New onset cough
- Chest pain or difficulty breathing

Public Health Clearance or CDC Clearance

COVID-19 Exposure

Definition:

Household member OR within 6 feet for at least 15 minutes (with or without masks)

Return Criteria:

After 14 days quarantine AND no COVID19 symptoms (or current CDC recommendations)

COVID-19 Diagnosis

Definition:

Positive COVID-19 test or presumed diagnosis from a medical professional

Return Criteria:

At least 10 days since symptom onset AND no fever for at least 24 hours without fever reducing medication AND improving (or current CDC recommendations)



_____ has been evaluated by me for medical care on _____. Based on this evaluation and information available at this time, and aligned with current federal and state health recommendations¹, the student

- May return to school now.
- Has a non-COVID19 illness and may return to school once without fever for 24 hours without fever reducing medication AND able to actively participate.
- Is being tested for COVID19, and results are not yet available. Follow all care instructions and the office will follow-up with you once results are final. The child may not return to school at this time.
- Has, or is presumed to have, COVID19 infection. Please follow the instructions below.

If your child has, or is presumed to have, COVID19 infection, what you should do next:

- Follow all care instructions as provided.
- Your child must stay home from school and should not participate in other activities outside of home until their school says they can return based on local health department guidelines. Please notify and provide a copy of this letter to your school.
- Other members of your household should self-quarantine (stay home) for fourteen days. If they remain symptom-free after fourteen days, they can return to school or work.
- Contact your provider if your child has a fever for more than 3 consecutive days, is having trouble breathing or drinking, does not urinate at least 3 times a day, is worse in any way, or you have any other concerns.
- If your child experiences difficulty breathing or has any other severe symptoms that cause you concern, seek care at the nearest Emergency Department or call 911 and ask for an ambulance.

Information for you and your child's school.

The State of Ohio requires schools to determine when a child who has or is suspected to have COVID19 can return to school by following the current rules from the Ohio Department of Health and their local Health Department. These rules may change frequently, and schools and districts should maintain regular communication with their local health departments and keep affected parents and guardians updated accordingly.¹

The State also requests schools adjust policies so as not to penalize students for required quarantine period(s). Remote learning plans should be considered for all students who are absent for a significant time period and able to continue engaging in learning.

Signature _____

Provider name _____

Date _____

¹ <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>