

Dear Parents,

As we all anxiously welcome the spring temperatures, the fever I will probably be seeing a good deal of is “Spring Fever!” I happily accept this over the illness type.

One remedy for spring fever is spending more time outdoors and participating in the many activities available. As the school nurse, health promotion is as important as the day-to-day illness, injury, and maintenance care I provide. Physical inactivity is among the leading health risk behaviors in young people and adults. According to the [American Heart Association](#) (AHA), **physical activity is anything that makes you move your body and burn calories**. Regular physical activity helps build and maintain healthy bones and muscles. Physical inactivity can lead to children becoming overweight, which will increase their risk for heart disease, diabetes, high blood pressure, and high cholesterol. Besides...being active is **fun**! I see this as a win-win situation.

As the leaves, flowers, and green grass return, let's focus on our children going out, exercising and increasing their activity level.

If April showers bring May flowers, what do May flowers bring?... Pilgrims!
What season is it when you are on a trampoline?... Spring-time!

Happy Spring!

Nurse Smith

Reminder: though much of our focus has been on Covid over the past year, please remember that students experiencing signs/symptoms of **any illness** (fever, persistent cough, sore throat, vomiting, diarrhea, eyes are pink and crusty, or a suspicious rash) must be **symptom free for 24 hours before returning to school**.