SCAN ME!

# The Clinic Corner NEWSLETTER

## CLINIC NEWS

Please continue sending updated student vaccinations to the clinic. Forms can be dropped off physically to the main office or sent to the Clinic Contacts attached to this newsletter. Please maintain all medical exemptions up to date.

The Clinic could use some more supplies for our Clinic Wishlist. Scan or click the QR code if you wish to help us improve our workflow.



## ON THE RADAR

Stomach-related symptoms are on the rise. We have been heavily affected by the influenza season. Please continue to use best practices such as hand washing before and after meals, encouraging students to get enough sleep, and assisting students in creating healthy food habits.

Please keep students at home if they are experiencing symptoms. Per Student Handbook, students may return to school when symptom free for over 24 hours without the use of medications (i.e. Tylenol, Motrin, etc.) and/or fever free (preferably, less than 100.3 Farenheit).

Please note that if a student is sent home with a fever, vomiting, or intestinal illness, they will be excused for the following school day. Students out sick for 3 days or more, must provide a doctor's note prior to returning.

For younger students, please keep them home if they have uncontrollable coughing and/or copious nasal secretions.



## HEALTH TIPS & FACTS

The human brain is about 75% water. Water helps your body regulate temperature, transport nutrients, and maintain normal brain function. Drink water especially after playing outside.

Your skeleton supports your body and protects organs. Calcium and Vitamin D help build and maintain strong bones. Weightbearing physical activities like walking or running can assist in bringing these minerals into your bones. Don't forget to get sunlight to activate and boost your natural Vitamin D.



Your eyes detect light and send signals through the optic nerves to your brain, which interpret what you see. Did you know that watching the sunrise can nourish the cells in the eye and reset the body's circadian rhythm.

## CLINIC CONTACTS

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## THANKSGIVING PRAYER

Dear God,
We thank you for the gift of this day and for the many blessings You give us. We are grateful for our St. Gregory Catholic School family: for the students, staff, and their families. Bless our teachers and friends, the food before us, and the love that surrounds us. Guide us to share our blessings with others in need and keep our school community always in Your Care. Amen.

"Jesus does not demand great action from us but simply surrender and gratitude."
-St. Therese of Lisieux





**November 2026**