



# BACK TO SCHOOL!



Hardyston  
Elementary  
School  
Franklin, NJ

## MEET THE NURSE

### About Mrs. Stoffels, RN

973-823-7000 X8220 – wstoffels@https.org

Hello, I am Mrs. Stoffels and I am extremely happy to be your school nurse. I live at home with my husband, 4 kids, 3 dogs and a kitty. I almost forgot the bearded dragon! I enjoy running, reading and spending time outdoors. I have been a nurse for almost 7 years and worked on a very busy cardiac floor before coming to your school. I look forward to meeting all of you. My door is always open. Feel free to come by and say hello!

### Hand Hygiene

- Wet your hands with clean, running water (warm or cold). Make sure the water isn't too hot for little hands.
- Use soap and lather up for about 20 seconds. Antibacterial soap isn't a must — any soap will do.
- Make sure you get in between your fingers, on the backs of hands, and under the nails where germs like to hang out. And don't forget the wrists!
- Rinse and dry well with a clean towel.

### Wearing a Mask



## BE A SUPERHERO!

HELP TEACHERS & CLASSMATES  
STAY SAFE FROM COVID-19



#### Make wearing a mask fun.

Let kids choose from two appropriate options when they pick out their clothes.

#### Pack an extra mask.

Put an extra mask in a zip-top bag in case the one they are wearing gets wet or soiled.

#### Be a role model.

Practice with your children and wear a mask when appropriate.



MISSISSIPPI STATE UNIVERSITY-  
EXTENSION

## Bus Safety Tips

- Stay Seated
- Keep your hands and feet to yourself
- Keep objects inside the bus at all times
- Wait for bus to stop to exit
- Exit in a line
- Stay away from the rear wheels at all times

Please see the [https.org](https://www.cdc.gov) webpage (under nurse) for COVID guidelines or call me at 973-823-7000 X8220. Please keep me updated on any health-related issues with your children even if they are not physically in school. Cooperation and communication will help us all remain safe and provide the information needed to make sound decisions.



## Reminder to Parents

- All medications must be brought in by a responsible adult and **MUST** be in the original container and labeled with your child's name and grade. All OTC medications must have written permission from parent (see form for medication permission).
- If your child uses an EpiPen and/or an inhaler, please supply the health office with the needed medications and supporting documentation (Asthma Action Plan or Anaphylaxis Emergency Care Plan).

## Upcoming Events

### NUTRITION MONTH

Eat well balanced meals every day!

<https://www.eatright.org/food/resources/national-nutrition-month>



## Thank You!!! Remember the health office guidelines

Please note the guidelines for keeping sick children home from school located below. Please remember the 72 hour guideline for keeping children home after an episode of vomiting, diarrhea, or a fever of 100.0 degrees or higher. This means that your child should stay home for 72 hours after the symptoms have subsided without the use of fever reducing medications. Please do not treat a fever and send your child to school.