



As I wrap up and reflect on my first year as your school nurse, I just wanted to take a moment to say thank you! It's been an honor and a blessing getting to know your children and being part of this wonderful school community. From bumps and bruises to daily health needs, I've seen over and over how resilient, kind, and amazing our students are.

I'm grateful for your support and communication throughout the year—it's made a big difference! Looking ahead, I'm excited to continue building strong connections with both students and families to keep our school a safe and healthy place to learn and grow.

I pray that each of you find rest and renewal in the Lord this summer.

The LORD is my shepherd: I shall not want. He makes me lie down in green pastures: He leads me beside still waters."
-Psalms 23:1-2

Tips for a happy & healthy summer!



1. Stay Hydrated:

Louisiana summers are HOT and that means we sweat ALOT!

Drinking plenty of water (at least $\frac{1}{2}$ your body weight in ounces) can help replenish the water that our body loses when we sweat.



2. Stay Active:

Spend time with your friends and family outside doing activities that help you stay fit like riding a bike, throwing a Frisbee, or walking around your neighborhood or favorite park

. Try to do these activities early in the morning or later at night when it's cooler outside.



3. Eat Right

Ice Cream, Hot Dogs and sugary soft drinks are so tempting in this hot weather, but it's best to only have the sweet treats and junk food in moderation. Try some cooled down or even frozen in season fruits to beat the heat!



4. Rest, Rest, Rest

Sleep is crucial for children's physical and mental development, impacting growth, learning, and overall well-being. It allows the body to repair and regenerate, strengthens the immune system, and supports emotional regulation, helping children manage stress and maintain a positive mood.

Enjoy your summer, but
please remember to use the
SPF....

Love the days and avoid
the rays!

A few notes and reminders as we close out this year and look ahead to next year

All medications that are kept in the first aid office are to be picked up by a parent or guardian NO LATER THAN

Friday, May 23, 2025

Any medication left beyond this date will be discarded.

Now might be a great time to schedule those pediatrician appointments!!!

(Then you'll be ready for all the things below!)

As a reminder, any student that participates in any sport at MBS is required to have an up to date LHSAA Physical on file with the nurse. Physicals are valid for one year after the date that the physician signs the form. If you know that your child will be playing a sport this year, it may be helpful to go ahead and make those appointments over the summer and get those forms filled out and turned in. They can be faxed to the school at (225) 753-7259 or emailed to the nurse at bluke@mbsbr.org. If they are completed over the summer they will be good for all sports all year. Click [HERE](#) to download the form!

ATTENTION PARENTS OF STUDENTS ENTERING 6TH GRADE FOR THE 2025-26 SCHOOL YEAR:

Students entering sixth grade will need to receive booster vaccines for Tdap and Meningococcal. You cannot receive these vaccinations before your eleventh birthday. If your child has turned eleven and has not received these vaccines, please make an appointment with your pediatrician. Updated vaccination records are due before your child begins 6th grade in August.

If you choose to opt out of receiving the vaccines you will need to complete and sign the dissent form [HERE](#).

Grade K-12 Schools		
Grades	Vaccinations	Doses
Starting at Kindergarten ^[1] and all subsequent grades thereafter	DTaP ^[2]	5
	HepA	2
	HepB	3
	IPV ^[3]	4
	MMR	2
	VAR	2
Starting at 6 th grade and all subsequent grades thereafter	Tdap	1
	MenACWY	1
Starting at 11 th grade and all subsequent grades thereafter	MenACWY	Second Dose

Any student who has daily medications that need to be administered or severe allergies or asthma that require emergency medications to be kept at school will need to have medications brought to school before the first day of school. You will be required to meet with the nurse to drop off all required paperwork and medication. I will send out information at the beginning of July with dates and times that I will be available for drop off.

Take a moment to review our
Medication Administration Policy [HERE](#)

Useful Links:

[Severe Allergy Packet](#)

[Asthma Packet](#)

[Medication Administration Packet](#)