

September 2007

MEMO FROM THE SCHOOL NURSE

In a recent nursing article it was stated that one of the major causes of headaches in teens is poor hydration. Teens are not drinking enough water.

I have seen a great deal of students for headaches. I encourage them to drink water before I administer Tylenol. If after drinking, the headaches do not disappear, I then give Tylenol. I would say that 95% of the students do not have to take the Tylenol after they have had sufficient intake of water.

Please encourage your son/daughter to take a bottle of water to school in order to hydrate during the day. I would also encourage them to eat breakfast even if that means drinking eggnog or a breakfast drink. It is very important for them to kick start their metabolism in the morning by eating or drinking something nutritious.

As always, I enjoy communicating with your children. They are intelligent young adults who add a great deal to our society.

Thank You!

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