



Nohl Canyon Elementary School

Orange Unified School District

Amy Hitt, Principal

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EXCELLENCE IN EDUCATION

"Fostering strong character and a passion for learning in a student-centered environment."

TO ALL PARENTS A NOTE FROM THE SCHOOL NURSE

*As your child begins school, daily routines may change. The following tips have proven helpful in past years helping children come to school **READY TO LEARN**.*

- *Bedtime needs to be consistent. Your child needs at least 8 hours of sleep on school nights. A well-rested child will be more alert, able to meet new challenges, and adjust to change.*
- *Breakfast is a very important meal. Even if your child says he/she is not hungry, please make sure he/she has something to eat before coming to school. It does not have to be traditional eggs and / or cereal. It should contain some protein but can be a sandwich, leftovers from dinner, or fruit and cheese. It's also a good idea to keep breakfast/granola bars handy on those "running late" days. **Please try to avoid items such as poptarts, cereals with high sugar content and donuts. Soda is also a poor choice in the morning.** Children who eat a lot of sugar for breakfast will be hungry and tired by recess. It will also be hard for them to concentrate.*
- *Begin this year of school by emphasizing the importance of being on time, missing school only if they are really sick and completing their work every day. **If school is put as a priority in kindergarten and reinforced each year, you will have less trouble when they are teenagers.** Bad habits are hard to break.*

REMINDERS / SUGGESTIONS

- *If your child is due for any additional immunizations, please bring the documentation to the school office immediately. This will prevent an unnecessary exclusion. **Students with incomplete immunizations may not begin school.***
- *For our 1st graders, have your child's Physical after March 1st of this year and have the **Physical Form** completed at that time. This saves valuable time for you and our school office. (Form in your packet)*
- ***PLEASE CONTACT THE OFFICE IF ANY INFORMATION CHANGES.** If your child is ill and we have to contact you, having incorrect phone numbers creates problems. We also appreciate notification of any **new medical condition** during the year.*
- *If you have an HMO for health insurance, having your child's medical ID number on the back of the emergency card will help if we ever need to call the doctor.*
- *Remember that **ALL MEDICATIONS GIVEN AT SCHOOL REQUIRE A DOCTOR'S ORDER.** If your child is on a medication occasionally and you are not available to come to school to give it, complete the **Parent Request for Administration of Medication** at the nurse's office. This form is available in the school office and on the district website.*

Our health offices are staffed by a health clerk and are supervised by our district nurses. You may reach the school nurse by leaving a message with the school office at 714-997-6203.

Educating children is teamwork. You send them to school clean, well-rested and fed, and the school staff will be ready to help them learn and achieve their best.