

**RANDOLPH COMMUNITY MIDDLE SCHOOL  
HEALTH NEWSLETTER**

**REMEMBER:**

Frequent hand washing protects you and the spread of colds and viruses.

**REMINDER:**

Forsythe Dental will be coming to RCMS  
SOON

No insurance Don't worry  
Watch for future mailings

**HEAD LICE**

Are easily spread. Remind children not to share hats, hair brushes etc. Frequent checks help and prevent the spread. Notify the Health office if you suspect your child has head lice.

**FLU CLINIC:**

RPS and the Department of Public health will be administering flu mist SOON  
There is NO COST  
Watch for future notifications

**ALLERGIES**

If your child suffers from seasonal allergies talk to his/her Dr. about a plan on how to relieve their symptoms

**PLEASE** return your child's emergency card. This is an important part of your child's well being while in school.

**REMEMBER** to bring your child's inhaler and/or epi pen to the school nurse as soon as possible. Your child will not be allowed to participate in field trips without them.