I am excited to share with you all a new program we are starting in January in the LRSD.

Happy Holidays! I hope you all are able to enjoy the holiday break without any stress. Some of the ways that you can enjoy the holidays without stress is to provide self-care, avoid illness by frequently washing hands-use hand sanitizer whenever you do not have a sink available, get plenty of rest, do things you enjoy, do not abandon healthy habits, and try to disconnect from technology to name just a few.

Last year in the December Newsletter I spoke about mental health and well-being during the Holidays. Mental well-being is just as important as physical well-being. If you need help or are feeling depressed, please reach out to loved ones who support you or to a mental health specialist. You are not alone, and you are loved.

- Jacqueline McEuen MSN, BS BSN, RN
  Director of Health Services
Concussion, a type of traumatic brain injury, is a common injury occurring in athletics as well as outside of athletics. When a student-athlete is diagnosed with a concussion, Arkansas law requires them to follow a return to play protocol to ensure they return to activity safely while their brain is healing. It is important that we not only prioritize the return to physical activity for a student-athlete, but also the return to learning. Often times a student-athlete will return to the classroom quickly after being diagnosed with a concussion. It is imperative that a plan is made to meet the needs of a student in the classroom while the brain is healing. As a Certified Athletic Trainer, my goal is to communicate as much as possible with the multidisciplinary team that is in place to ensure that each student-athlete gets the care, resources, and support they need to return to learn and activity as safely as possible while their brain is healing.

- Mattison Weaver
Athletic Trainer at LRSWHS

Steps to Take

What do I do if my child receives a concussion/brain injury?

Call your child’s school nurse. Each campus in LRSD has a Registered Nurse.

What will the school nurse need to know?

• Student’s Date of Birth
• Parent Name and Number
• Date of Injury
• Mechanism of Injury (How did the student get injured?)
• If received during a sport, what sport?
• Hospital/Physician that is involved in the student’s care – it is really helpful if we also get a Release of Information from the parent to be able to speak with the physician who is caring for the child for continuity of care
• What accommodations or equipment are needed for your child?

The report that the school nurse fills out will go the Brain Injury Team to provide appropriate resources for your child at school.
In the news you may have heard of the ‘tripledemic’ — RSV, Covid-19, and Flu. The reason this has been in the news this fall is because of the risk of impact on Hospitals again. The most recent report from ADH (seen on December 7th) is that there are currently 240 individuals hospitalized due to Covid-19. This is up 25 individuals than the week before. According to the CDC (2022), there have already been at least 8.7 million illnesses, 78,000 hospitalizations and 4,500 deaths from flu. Hospitalizations from the flu are the highest they’ve been this time of year in a decade. RSV is typically associated with infants and young children; however, we have had adults that have been diagnosed with RSV this year as well. Adults who get infected with RSV usually have mild or no symptoms. Symptoms are typically headache, sore throat, cough, runny nose, fatigue, and fever. Adults that are at risk for more severe symptoms are older adults (65 and older), adults with chronic lung or heart disease, and those with a weakened immune system. According to Yale Medicine (2022), “the best prevention for all three illnesses is to avoid others who are sick... and if you or your child is sick, stay away from others until you are improving and fever-free.”