

## Nurse's Notes-April 2023

I hope that everyone had a relaxing and healthy Spring Break! Just a few updates for our families.

### Immunization Requirements Updates:

In the February *Nurse's Notes* I informed you of the state updates to immunization requirements. In March, some of those changes were put on hold by the state. Here are the updates that will affect the 2023-24 School Year:

- The Tdap requirement **will** be moving from 6th grade to 7th grade to better align with the recommended age of administration.
- The meningococcal (meningitis)vaccine requirement has been suspended at this time, however it is still recommended by the CDC at age 11-12 with a booster at age 16.
- A history of varicella (chicken pox) may continue to be reported by parents without documentation by a licensed provider.

If you have questions please contact me at [mcain@foxbay.org](mailto:mcain@foxbay.org) or (414)247-4226.

### The Importance of Sleep for Children and Adolescents



Please check out the next page for more information on facilitating good sleep!

# Tips for Good Sleep



Set bed and wake-up times at the same time each day, including weekends.



Keep bedrooms quiet, dark, and a comfortable temperature.



Remove electronic devices from the bedroom.



Avoid large meals and caffeine before bedtime.



Make sure kids are active during the day so they can fall asleep at night.



Model good sleep behaviors for kids.

Learn more about good sleep habits at [www.cdc.gov/sleep](http://www.cdc.gov/sleep).



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