



WELLNESS Newsletter

Winter 2018

This publication is brought to you by the District Wellness Council, which is dedicated to educating Rush-Henrietta families about important topics to keep your children healthy.

Two Rush-Henrietta Schools Using Technology to Stop Spread of Classroom Illness

Every parent has been faced with the decision of whether to send a child to school when they are not feeling their best. School attendance is very important for student education, but what if they have the sniffles or cough? Should they stay home? Do you need to call the doctor? What if multiple children in the home are ill? How do you keep up with who has what and when that last dose of Tylenol was? Making those decisions are never easy but technology is making it just a little easier.

Fyle and Winslow Elementary School Nurse teachers understand how difficult these decisions are and wanted to find a tool to help parents with those decisions. That's when they found the "FLUency" program from Kinsa. Kinsa is the maker of a digital thermometer and phone app that helps to keep track of temperatures, symptoms, and medications as well as being an advice source to know when they child's symptoms should be evaluated by a medical provider. This app and thermometer is available for individual purchase through the Kinsa website and on Amazon. A quick search for reviews of the program reveal it is getting rave ratings from users. However, Kinsa also offers this program and thermometer for selected school communities free of charge with the added benefit of sharing what illness is going around in the school anonymously. How many times has your child gotten sick and then said to you that two to three other kids in the classroom were also sick? If parents have an idea of what's going around, they can act more quickly to limit the impact of an illness that needs a doctor's attention allowing a faster recovery. That knowledge can also prevent unnecessary trips to the doctor for a simple virus.

Both Fyle and Winslow schools were chosen to be one of 200 recipients out of more than 2,000 applications for this free program for their students, teachers, and their family members. Parents and teachers simply download the free app and register under their home school. Kinsa will then send the free thermometer, with Bluetooth technology that connects to the users smartphone to the Health offices which will then be sent home to each registered user. As a child complains of illness, the parent or user simply chooses that child and selects what symptoms they have as well as take a temperature using the special thermometer. Your current thermometer tells you your temperature. The Kinsa Thermometer and app will:

- offer personalized guidance about how to soothe symptoms and when to call the doctor.
- remind you when to take medications and at what dosage.
- keep your family's health details in your pocket whenever you need them.
- show which illnesses are circulating in the school for a better idea of what bug you're fighting.

This free program is only available to the Fyle and Winslow families this year, and each family needs to sign up by the end of December to get it completely free. If the school families want to join after this deadline, they still can but will need to pay shipping to have the thermometer sent to them directly. Please contact the Fyle/Winslow health office for questions or how to sign up.

Other community members who may want this technology for their family can purchase individual units from Kinsa or Amazon. The links are located on the Resources column next to this article. Armed with more knowledge, parents and teachers can have a healthier year with this program as Kinsa supports you from the first sign of illness through recovery and beyond by focusing on what's most important - what to do next.

Resources and Important Links

Kinsa Fluency Program:
<https://www.kinsahealth.com/fluency>

Kinsa information for buying the smart thermometer:

<https://www.kinsahealth.com/>

Rush and Henrietta community health and safety coalition FB page:
[Health/Safety Coalition](#)

A few of many healthy activities in our schools:

- Kinsa Fluency program for Fyle and Winslow.
- Running clubs for students and staff
- Health focused clubs for students