



Clark Public Schools

Valley Road School

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Joseph Beltramba
Principal

Edward Grande
Superintendent of Schools

An important packet of information for current 5th Grade Students.

- 1. Hygiene letter**
- 2. Scoliosis screening letter**
- 3. Puberty letter**

Any questions, please feel free to contact me.

Kathleen McLean
Certified School Nurse
kmclean@clarkschools.org
732-428-1583

Dear Parents of Fifth Grade Students,

As you watch your child is growing and changing rapidly, but with these changes come the need for improved hygiene habits. Your child needs to understand the importance of good hygiene habits but often they do not take the time to do it properly.

Here are some helpful reminders:

1. **Body Odor-** At this age your child is going into puberty and this causes a change in body odors. Your student should be showering or bathing daily, with reminders to use soap and shampoo, but sometimes that is not enough. At this age they need to use deodorant as well. **You can only imagine stepping into a classroom after gym or recess!** Clean socks and clean clothes also help your student smell better.
2. **Teeth-** Brushing the teeth is always a struggle at this age. Good oral hygiene is important for all children but especially true for those children with orthodontic appliances in their mouths. Bad breath does not lend itself to being in close contact with others.
3. **Skin Care-** Yes, skin care is more than just taking a shower once a day. As puberty begins, oils in the skin and hair increase. Pimples begin showing up all over the body. Show your child how to wash their face with a good facial cleanser. If they do get pimples and blackheads, teach them not to pinch, pick, or poke them because it can cause infections and scarring of skin.
4. **Nails and Hair:** Please make sure your child cleans and trims their nails and brushes their hair. They are at an age when they can do this for themselves.

Good hygiene habits lead students to have a positive self image and good self esteem.

If you have any questions or concerns please feel free to contact me, 732-428-1583 or kmclean@clarkschools.org.

Dear Parent/Guardian:

A scoliosis screening, as required by law, will be performed on all students in Grade 5. This screening will be performed by the school nurse during their health screenings in the next few weeks.

Scoliosis is a condition of the spine in which the spine may curve to the left or to the right. It is commonly detected during puberty, a time of rapid growth and may progress if not treated. The purpose of this exam is to recognize scoliosis in its earliest stages.

All screening will be done in the privacy of the Health Office. The students' clothing must allow the nurse to view the students' back for physical findings. Parents will be informed of any findings that would require further evaluation.

A student may be exempt from screening if requested by parent or guardian and done by private medical physician. Please notify me in writing by ASAP if you want your child exempt from screening.

Any questions, please feel free to contact me, 732-428-1583 or kmclean@clarkschools.org

Thank you!

A handwritten signature in black ink that reads "Kathleen McLean". The signature is written in a cursive style with a large, stylized initial "K".

Kathleen McLean, RN
Certified School Nurse

A MESSAGE FROM THE SCHOOL NURSE...

TO: ALL FIFTH GRADE PARENTS

RE: FAMILY LIFE EDUCATION

The lesson on Puberty will be presented to all 5th grade students (girls and boys separately) during the next few weeks. The many physiological, emotional and social aspects of growing up will be discussed. Now is a good time for you to have a discussion with your child. The transition into adolescence is easier with adequate knowledge and family support. If you have any questions, please feel to call me, 732-428-1583 or email me, kmclean@clarkschools.org.

If you **do not want** your child to be a part of this Family Living Class, please contact

me.

Thank you,

A handwritten signature in black ink that reads "Kathleen McLean". The signature is written in a cursive style with a large initial 'K' and 'M'.

Kathleen McLean
Certified School Nurse