



Notes From the Office

Looking Ahead:

No school on Friday, March 30th.
Early Release on Wednesday, April 4th.
Early Release on Wednesday, April 11th.



Lilja PTO



News & Events Snapshot

Keep up with all the PTO news that's fit to print. Learn about upcoming events and other happenings around the Lilja and Natick community.

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Note from Nursing

After a long, cold winter, many of us look forward to the rising temperatures and blooming plants and trees that come with Spring. However, if you have asthma, allergies, or both, the pollen that comes with the season can be problematic. Many people are confused by the differences between asthma and seasonal allergies. The two conditions are often related. The primary difference between an allergy attack and an asthma attack is the location in the body of the reaction.

In the case of **seasonal allergies**, pollen triggers the allergic reaction commonly resulting in symptoms such as sneezing, congestion, itching, watery eyes, hives, headaches, or irritated skin. Asthma is a more serious condition and happens to be the most common chronic disease found among children.

With **asthma**, the allergic reaction is located in the lungs, resulting in inflammation of the airway. Increased mucus production further limits the flow of air. The child may experience coughing,

wheezing, shortness of breath, and in most severe cases, the inability to breathe.

The two conditions are related when a child experiences **allergic asthma**. Allergic asthma is triggered by the presence of allergens in the environment - oftentimes pollen, dust and mold.

Seasonal allergies can be alleviated by medications such as antihistamines. There are many options for over-the-counter medications that the pediatrician may recommend to relieve symptoms. In more severe cases, an allergist can perform tests to determine what specifically your child is allergic to.

There are also several options for prescription medications to control asthma. Some may be used daily and other medications are used as needed when a child is experiencing symptoms.

Simple strategies can help keep seasonal allergies and allergic asthma under control.

- *Check your local news or the internet for pollen forecasts and current levels.
- *Remove clothing worn outside and shower to remove pollen from skin and hair.
- *Close doors and windows as much as possible, especially when pollen counts are high.
- *Vacuum and dust your home regularly, to keep it free from allergens.
- *Use air conditioning in the house and car.
- *If you have forced air heating or air conditioning in your house, change filters and follow regular maintenance schedules.
- *Avoid outdoor activity in the early morning, when pollen counts are the highest.
- *Do not use outdoor clotheslines to dry sheets or clothes.
- *Keep grass short and keep your child inside while mowing the lawn.
- *Stay ahead of pollen! Begin your child's medication regimen (asthma medicine and/or allergy relief) before nature blooms.
- *Wearing sunglasses when outside may protect your child's eyes from being irritated by pollen.

Both seasonal allergies and asthma can be unpleasant, but both can be managed. It is best to see the pediatrician first for accurate diagnosis and a treatment plan that is best for your child.

Attention 4th Grade Parents....if you have not sent in your child's updated physical exam, please send it in as soon as possible. This is a State Mandated requirement and we need to have them on file before the end of the school year. Thank you for your cooperation!!

SPARK



Elementary School Parent Workshops: Hot Topics

Thursday, April 5 from 6:30 to 8:30 at Wilson Middle School

For parents and caregivers (preschool and elementary school). Elementary educators and administrators will conduct workshops sharing some of their personal expertise and tips on hot topics on navigating the elementary years. (Childcare will be provided.)

Thank you!

The SPARK Kindness Team

SPARKKindness.org

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SPARK = Successful Positive Authentic Resilient Kids

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