

Dear Parent/Guardian,

With the cold and flu season approaching, many students will begin bringing in cough drops to alleviate coughs and sore throats. Please know that if your child brings in cough drops containing Menthol, those cough drops need to be kept in the health room and a medication form is required to be filled out and signed by a parent/guardian authorizing your student to come down to the health room for a cough drop.

However, we strongly recommend that you purchase a throat drop or lozenge that has the active ingredient typically listed "pectin" for example, fruit breezers. Any throat drop or lozenge that lists pectin as an ingredient can be kept with the student in his/her backpack or with the classroom teacher and would be able to be taken as needed. This would alleviate trips to the health room and loss of classroom instruction time.

If you have any questions/concerns, please feel free to contact me at 822-6112 or the school nurse Betsy Gallagher at 822-6029.

Tracy Sundstrom, Health Aide-Glenbrook

