



NURSING NEWSLETTER

FALL 2026



TIPS FOR ADJUSTING SLEEP TIMES

- Gradually shift bedtime 20 minutes earlier to prepare for the return to LABBB
- Turn off TVs and phones at least 1 hour before bed
- Do a calm-down routine to get the brain ready for bed
- Keep the bedroom cool, dark, and quiet

SWAPPING OUT CLOTHES

- Spare clothing in the backpack is always encouraged at LABBB!
- Swap your summer spare-clothes for fall-appropriate attire if they're kept in the backpack
- Make sure your student has a spare sweatshirt for those cold fall days

INCREASING HYDRATION

- Your student may feel less thirsty in cool weather, but that doesn't mean they should be drinking a less water!
- Hydration helps with:
 - Chapped lips
 - Stomach aches
 - Constipation
 - Fevers/illness

ON THE HORIZON

- Mandated Health Screenings will start in November! Reach out to your nurse to opt-out.
- Sick season is coming! Make sure your student is up-to-date on their flu vaccines.
- If your student has a recent physical, please send a copy to the health office

HOW WE CAN HELP

Our nurses can:

- offer free physical vouchers
- send a list of disability-friendly dentists
- Connect you with resources

