

Dear Wellspring Parents,

As we are entering the spring season, we would like to kindly remind you that seasonal allergies may become more common due to pollen, dust, weather changes and toxic air pollutants.

To help keep our students comfortable and healthy during the school day, we encourage families to monitor any allergy symptoms such as sneezing, itchy or watery eyes, nasal congestion, coughing, or skin irritation.

If your child is known to be more sensitive to seasonal allergies or has a history of allergic reactions, kindly inform the school and provide any **prescribed emergency medication** or treatment plan that may be needed while at school, along with clear medical instructions.

Please ensure that all medications are clearly labeled with your child's name and submitted directly to the school nurse. Parents will also be required to complete and sign a medication authorization form.

As weather conditions may change during the day, we also recommend that students wearing short sleeves bring a **light jacket** or sweater to stay comfortable.

Students may also bring a **cap** for added protection during outdoor activities.

Where possible, we also encourage families to provide **insulated water bottles (double-wall) and thermal lunchboxes** to help maintain safe food and drink temperatures throughout the day.

Your cooperation is greatly appreciated as we work together to ensure the safety and wellbeing of all students.

Best regards,

**Carole Francis**

Mathaf Nurse