



BYRAM HILLS

CENTRAL SCHOOL DISTRICT

10 TRIPP LANE, ARMONK, NY 10504

Dear Parents and Guardians,

As we are in the midst of spring, many students have been experiencing increased symptoms of seasonal allergies. Allergies, while common, can significantly affect a student's ability to concentrate, participate in class, and maintain regular attendance. We would like to ensure that all students have the support they need to stay healthy, comfortable, and engaged in their learning.

Common allergy symptoms include **sneezing, nasal congestion, runny nose, itchy or watery eyes, sore throat, fatigue, and headaches**. In some cases, these symptoms can mimic those of viral illnesses, so it's important to monitor your child's health and consult with your healthcare provider for a proper diagnosis and treatment plan.

Here are some ways you can help your child manage seasonal allergies and reduce their impact on school performance:

- *Consult with a healthcare provider to determine if allergy testing or medication is appropriate.*
- *Administer allergy medications (antihistamines, nasal sprays, etc.) before school hours if prescribed or recommended.*
- *Encourage frequent hand washing and avoid rubbing eyes or face.*
- *Keep windows closed at home and in the car to minimize pollen exposure.*
- *Shower and change clothes after outdoor activities to reduce allergen exposure indoors.*
- *Ensure your child gets adequate sleep and hydration, which can help the body manage allergy symptoms more effectively.*

If your child requires medication during the school day, please contact their health office to complete the necessary medical authorization forms. Over-the-counter or prescription medications cannot be administered at school without proper documentation.

We want all students to thrive academically, and managing allergy symptoms is one important step in helping them stay present and focused in class. Please don't hesitate to reach out if you have questions or need assistance with your child's health plan.

Thank you for your continued partnership in supporting the well-being of our students.

Warm regards,

Byram Hills School Nurses