

Hints from the Health Room

As we begin a new year, it is helpful for all of us to review times to stay home, the medication policy and any other information that will assist our students in having the best year possible.

Health information: Forms are updated yearly and kept in the health room. We ask that you let us know if anything changes during the year, for the safety of your child. All health information is kept confidential.

Illnesses: Notify the office anytime your child will be absent. Students should not attend school if he or she has any of the following:

- Head lice and/or nits
- temperature greater than 100 degrees, must be fever free for 24 hours, without medication.
- nausea, vomiting or diarrhea
- symptoms related to communicable diseases, such as: skin rashes, swollen glands, redness of eyes, etc.

Medication: ALL medications are to be brought to school by an adult. If medication is to be taken during the school day, a medication form must be completed. To give medications at school, medicine should be in the original container with current information label on package. ALL medicines are to be kept in the health room and administered by the school nurse or designated school staff. Over-the-counter medicines (Tylenol, Ibuprofen, cough drops, Benadryl, etc.) follow the same guidelines, and may be given for three days during the year, if needed for more than 3 days, a doctor's prescription will be needed. For safety of all students please help us by following the guidelines that are in place.

Periodic classroom head lice checks will be done throughout the year. If you notice nits or lice on your child please notify the school office or the nurse, so that we may help prevent the spread in the class.

The Tooth Truck will be visiting Mark Twain later this year. I am excited about the addition of this wonderful resource for our students. Watch the Twain Times for more information.

October 17th will be the day for the health fair this year. This is when students in grades K, 1, 3, and 5 are screened in weight, height, hearing, vision and dental. If you would like to volunteer for all or part of the day let me know.

I look forward to helping your child in having a healthy and successful year!

Renee Deason, RN

(District Handbook pgs16-17)