

HEALTH INFORMATION

- EXCHANGE INFORMATION

Communicating with the nurse about your child's needs is absolutely critical. Be reachable. Make sure that the school has your home, office and cell phone numbers as well as the number of an emergency contact if we are unable to reach you in the event you cannot be contacted. Tell the school if you're going to be out of town and who your child will be staying with in case of an emergency. Schedule a consultation if your child has a chronic condition that we don't already know about. Set up an appointment with the nurse to discuss the situation and work out a care plan for your child. This can be done before school starts or as soon as the child is diagnosed with the condition. Disclose all details about your child's health history. If an emergency arises, the school nurse needs to know your child's health history. Parents are sometimes afraid their child will be labeled as different so they may give medication at home and not inform the teacher or nurse. Share non-medical issues. Nurses agree that most kids who complain of headaches or stomach aches may just be nervous about something. If a family pet has died, a grandparent is seriously ill, or the family is in the middle of some kind of crisis, please let the nurse, counselor and teacher know. If the nurse and teacher have all the facts, they will know that a hug and a chat may be all your child needs. Keep everyone informed. If your child has a special health issue, suggest an expert who might help teach all school staff members about it.

- KNOW THE SIGNS OF SICKNESS

You don't want your child to miss school, but you also don't want your child to infect others. We will be following the same guidelines as last year during the flu season regarding when to keep your child home. Take their temperature. If your child has a temperature of 99.8 with other symptoms or a temperature of 100.00 or higher, without symptoms, please keep them home because chances are the temperature will go up higher as the day goes on if they are experiencing other symptoms. Your child must be fever-free for 24 hrs, without the use of fever reducing medication, before returning to school. Shine a flashlight on their throat if it doesn't look unusual; send your child to school. If you can see that it is very red and has sores or white spots, keep them home. Rule out a case of nerves. Keep your child home if they have vomited more than once, because it could be something serious. Stomach aches, nausea and even vomiting are common on test days for some kids- or if your child has had a run in with another student and dreads seeing them. If your child is having problems on a routine basis, please call the counselor, nurse or teacher and report this. Avoid giving your child an easy out. Don't send your child to school with the promise, "If you don't feel well, call me and I will come and get you." If you weren't sure whether or not to send him, but you did, call to let the nurse know and she will check on him.

- MANAGE MEDICATION

Nurses need your help to make sure your child gets the proper treatment. Check the school policies. Medication administration has many rules at school. If your child takes medication at school, the Medication Administration request must be completed before we can administer the medication at school. It must be signed by a doctor and parent. The original prescription bottle must be used. An over the counter medication also requires a doctor and parent signature as well. Please refer to the medication sheet available from the nurse for more details. If they are not followed and you cannot be reached by phone, the medication will not be given. Send prescriptions in their original packaging. Never drop a few pills into a plastic bag. The nurse needs to see the drug name and dosage printed on the bottle. If your child has a prescription that needs to be taken at home and at school, ask the pharmacist to divide it between two bottles. If your child has asthma, get two inhalers.

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DO YOUR PART

Know how to treat common health woes at home so your child will be in shape for school. The best remedy for many common problems is often the simplest. Make sure they drink enough water. Dehydration is the number-one cause of headaches and other complaints in kids. Have your child drink water in the morning and afternoon after school, and encourage them to drink water during the school day. Water can also relieve allergy symptoms by thinning out mucus and clearing a stuffy nose. Offer candy if you don't have a cough drop. For a sore throat, hard candy serves the same purpose. Cough drops are offered at school for sore throats. These can help promote saliva production and reduce dryness and irritation. Focus on bedtime and breakfast. In the morning, nurses' offices are filled with children who "don't feel well" simply because they haven't had breakfast or have not gotten enough sleep the night before. Experts say that kindergarten children need 11 to 13 hours of sleep, first through fifth graders need at least 10 hours of sleep and for the sixth through twelfth grade at least 8 hours or more is required depending in the activities that they may have participated in during the day. The morning meal does not have to look like breakfast; it can consist of high protein choices such as yogurt smoothies, peanut butter sandwich, a bowl of oatmeal or scrambled egg and cheese sandwich. Don't forget to dress appropriately. Hats, coats and gloves are very important to help our immune system do its job. Dress in layers because the weatherman is not always right in predicting our Kansas weather. If your child doesn't have a hat or coat, please contact the school as we have some hats and coats available that may fit your child. Wash away germs. Hand washing is the easiest way to stay healthy. Teach your child to wash vigorously with soap after he uses the bathroom, plays outside, coughs or sneezes and before he eats.

Please check for head lice before your child starts the school year. Because your child may have come in contact with someone who has had head lice during the summer months, it is important for you to check and, if needed, treat your child prior to the beginning of school. This will eliminate the need to send your child home from school as this not only upsets the child, but also causes them to miss class time which they will need to make up. If your child is picked up at school for having live lice, please follow the procedure given to you to eradicate the lice from your child's head and remove any nits they may also have. It is also important to re-treat your child in 7 days from the initial treatment to help eliminate any nits that may hatch. This will prevent your child from missing any additional school days.

If you have any questions, please feel free to contact the nurse at your child's school.

HAVE A HEALTHY SCHOOL YEAR