

Date

Welcome to a new school year! Just a few reminders and healthful hints from the nurse!

Emergency Medical Cards

New students entering the school will be required to complete **2 Emergency Medical Cards for each child**. Returning students will need to update the **Emergency Medical Cards** already on file. The cards will be available at Snoop and Scoop in the individual classrooms. If you are not able to attend, then these cards will be sent home with your student the first week of school. One will be filed with your child's health record and one will be available to your child's teacher for field trips. Complete all information on the forms carefully and completely. **Please provide cell phone numbers, additional contact names and phone numbers**. If you need additional space attach a separate sheet of paper. Please provide all appropriate health information pertaining to your child. Information will be shared with staff members, if necessary, to safely care for your child. Be sure to include information such as diabetes, asthma, seizures, and **severe allergies** and medical treatment needed, as well as any other medical information, i.e. medication taken at home. Please be sure to return the **Emergency Medical Cards** or your child will not be able to participate in any field trips until returned.

Medications/Forms

The school cannot give any **Prescription or Non-Prescription Medication** to your child while at school without the **Dispensation of Medication** form on file. This form must be signed by the **Parent and Physician**. The **Dispensation of Medication** form is valid for the current school year only. If there are any changes in medication or dose a new form will need to be filled out and sent in to be filed.

*** Exception: Regular strength Tylenol, Ibuprofen, non-medicated cough drops and an antacid (Tums or Rolaids) may be given with parent permission only.** If you wish for your child to be administered any of these medications, then the **Non-Prescription Medication Dispensing** form needs filled out, signed and returned to school to be filed.

Ohio law requires that any prescription medication be sent to school in the bottle in which it was prescribed with the full name of the student, name of the medication, the current dosage and instructions for giving the medicine, and the name of the physician on the label. Most physicians and pharmacists are happy to provide you with two separate bottles; one for school and one for home. Over the counter medications must also be sent to school in their original containers. The medication will be kept in a locked drawer in the nurse's office.

Asthma

Ohio law allows a child to carry an inhaler with them. The **Self-Medication for Asthma Inhalers Authorization** form will need to be signed by the parent and physician. **ALL** information needs to be filled out on this form. Along with this form an **Asthma Action Plan** needs to be completed by the physician and filed.

Severe Allergies

If your child has a severe environmental or food allergy requiring the use of an **EpiPen**, please let this nurse know. Keeping your child safe at school is a top priority. An individualized **Action Plan** will also need to be completed by the physician and filed. Please inform your physician that the school needs two EpiPen on hand and to write orders accordingly.

Immunizations

Every year the Ohio Department of Health releases an **Immunization Summary for School Attendance** for the school year. Ohio law states a student will be permitted to stay in school for the **first 14 days** only, until written evidence of approved immunization is obtained.

Illness/Injury

Any child with a temperature of 100 degrees or higher, vomiting, diarrhea or signs and symptoms of a possible communicable disease, will be sent home. Please keep students home until they are fever-free (without the aid of medication), and free of vomiting or diarrhea symptoms for 24 hours prior to returning to school.

Students who appear to need stitches, x-rays or extended observation for an illness or injury will be sent home for possible medical evaluation. If your child appears to have a life-threatening or serious illness or injury, 911 will be called. Every effort will be made to notify you in this situation so please be sure all phone #'s and health care information on the **Emergency Medical Cards** are kept current. In the event the school is unable to reach a parent/legal guardian when a student is ill or injured, the persons designated on the student's emergency medical card will be contacted. Also, if parents will be out of town for an extended stay, they need to provide the school, in writing, with the name(s) and phone #'s of those individuals responsible for the student's care in their absence.

Fluoride Mouth Rinse

St. John Central School participates in the Fluoride Mouth Rinse Program sponsored by the Ohio Department of Health to help prevent tooth decay. If you would like your child/children to swish with a weak fluoride solution once a week, for one minute, please sign a consent form. **You do not need to sign a new form if we have one on file from previous years.** If your child has been participating and you no longer wish for him/her to participate please let me know.

Health Screenings

Vision screening will be performed on kindergarten, first, third, fifth, and seventh graders and new students to the district. Hearing screening will be performed on kindergarten, first, third and fifth graders and new students to the district. A parent or a teacher may request a screening at any time. Height and weight will be done on each student. Scoliosis screenings will be done, with parental consent, in grades 5 – 8.

Nutrition

Parents are the most important influence in their child's life. Your child watches and imitates your behaviors both positive and negative, which include your daily food and physical activity choices. Please make every effort to see that your child has a healthy breakfast before coming to school and a nutritious snack and lunch. Studies have shown that students who eat breakfast do better in the classroom. We have a nutrition policy in place that is attached to this letter along with some suggestions for healthy snacks.

Please feel free to contact me anytime with questions or concerns. I am here to promote the health and safety of your child. I will be here 4 or 5 days a week.

Have a safe and healthy school year.

Georgia Lang, R.N.