

WELCOME TO HEALTH SERVICES!

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The goal of Health Services is to promote and protect the physical and emotional well-being of the students and staff at our school. We believe that encouraging healthy choices and lifestyles in adolescents enhances their academic achievement as well as helping them become healthy and successful adults.

When to Keep Your Child at Home: Keeping your child at home when he or she is sick is important for their recuperation as well as preventing the spread of disease to others at school.

Remember, hand washing is the best way to prevent the spread of any illness! Here are some guidelines for deciding when to keep your child at home:

- ✓ If your child has a fever over 100 degrees, please keep them at home until they are fever free for 24 hours.
- ✓ If your child is sent home from school due to fever, the child will not be allowed back into school until they have been fever free for 24 hrs.
- ✓ Children with redness and discharge from one or both of their eyes should be kept home and evaluated by their care provider.
- ✓ If they are prescribed antibiotic ointment for their eyes, they should remain at home for 24 hours after the treatment has begun.
- ✓ If your child has symptoms such as a rash, lethargy, a severe, persistent sore throat or cough or difficulty breathing they should be kept at home and their doctor called.
- ✓ Keep your child at home if they have diarrhea or are vomiting. They should remain at home for at least 12 hours after the symptoms have subsided.

Medication at School: Standing orders by the school physician allows for the administration of Over the Counter medications (Ibuprofen, Tylenol, Pepto Bismol) by the school nurse to your child at school only if written permission is granted by the parent/guardian. Any over the counter medications given out to a student must be provided by a parent. The school no longer provides these medications. Prescription medications may be given out at school by the nurse **only** with written permission from the **physician**.

All medications must be brought to school by the parent/guardian or a responsible adult in its original container. Please do not send medications to school with your child in their backpack or their pocket. Any medication sent to school with the student will not be administered and will need to be picked up by the parent/guardian. It is the responsibility of the parent to pick up the medication at the end of the school year. A letter is sent home at the end of the year as a reminder. Any medication left over at the end of the year is discarded.

Lice Policy: The nurse will no longer be doing classroom checks. It is the parent's responsibility to check their child's head on a daily/weekly basis. If a child is suspected of having lice or has symptoms of lice, they will be sent to the nurse for a head check and sent home if live lice is found. The child may return to school the next day as long as they have been treated before returning to school. The child will be sent home again if found to have live lice upon returning to school. If the child is found to have nits, but no live lice, a letter will be sent home to the parent. It is very important that all students, whether found

to have live lice at school by the nurse or at home by a parent/guardian, be treated and nits removed before returning to school. **Treating your child for lice and making sure they no longer have nits is the best way to prevent the spread of lice in school!**

Action Plans: Any student that has a medical condition that might interfere with their school day such as Asthma, Anaphylaxis/allergy, Diabetes, or Seizures must have an action plan filled out by the physician to keep on file at the school. This form gives the school nurse current contact information in case of illness or an emergency, as well as an annual update of any medical issues. It is the responsibility of the parent to provide any medication that might be needed for a medical condition (ex. Inhaler, epi-pen, or insulin).

Health Screenings: The school nurse conducts the following yearly state mandated screenings

- ✓ *Hearing and Vision*- PK, Kindergarten, 1st grade, 3rd grade, 5th grade, 7th grade
- ✓ *Height, weight, and BMI (Body Mass Index) calculation*- PK, Kindergarten, 1st grade, 3rd grade, 5th grade, 7th grade
- ✓ *Acanthosis Nigricans* – 1st grade, 3rd grade, 5th grade, 7th grade
- ✓ *Scoliosis* – 5th grade, 8th grade

If any referral is needed, the school nurse will send a letter to the parent/guardian who will need to schedule an appointment with their child's provider for evaluation. Their findings and recommendations should be sent back to the school nurse so she can provide follow-up if necessary.