

Note From the Nurse

9/4/19

Dear Parents and/or Guardians,

Welcome back to the 2019-2020 school year! I hope you had a wonderful and relaxing summer break.

While the thought of your child being sick is far from your mind, the following guidelines are included for your review. Please take the time to read all of the information, specifically how we are handling students with allergies, medication administration and controlling the spread of communicable disease.

- A health history and emergency contact form was sent home with your child on the first day of school. Please fill this out completely and return it to school as soon as possible. If your child has any health concerns or special accommodations for health related concerns please contact me.
- Per District Policy, students are not permitted to carry any medication, prescription or over the counter, with the exception of Epi Pens and Inhalers. A doctor's order must be provided giving them permission to carry the Epi Pen or Inhaler.
- If your child needs prescription medication while at school, a doctor's order is required. An "Authorization to Dispense/Administer Medication at School" form can be picked up at school. This form **must** be completed by the Health Care Provider, signed by a parent giving authorization for the medication, and by the school nurse. Medication cannot be given unless the proper forms are in place.
- All prescription medication must be in a dated, labeled pharmacy container. This includes Inhalers and Epi Pens. **All medication must be brought to the school by a parent or guardian.** There are no exceptions.

Healthy children learn better. Please keep in mind the basics of healthy living as you teach your child good lifelong health habits: What you can do as a parent to boost your child's immune system:

- **WASH, WASH, WASH YOUR HANDS!** This is still the best defense against illness. Encourage your children to wash, especially before meals, using soap and warm water. To ensure they are taking enough time to adequately kill germs, have them sing the ABC song while scrubbing.

Note From the Nurse

9/4/19

- Teach your children to keep their bodies and hair clean (daily showers/shampoo), use deodorant as needed, to brush their teeth twice a day.
- Get plenty of rest. School age children should get 9-11 hours of sleep each night.
- Drink lots of fluids and eat a balanced diet - especially breakfast! I'm seeing a lot of children with stomachaches and headaches due to hunger.
- Dress appropriately for upcoming cold weather. Please help your child choose warm, comfortable clothing for school each day, including socks. Make sure they are wearing a coat and you may want to consider a hat and gloves as well. Even in cool weather they need the exercise and fresh air during recess.

Unfortunately, even with the best care, a virus can make us sick. Cold symptoms are best relieved with rest and fluids and may last as long as 10 days. If symptoms persist longer than this, the child should see a physician. Please keep in mind the guidelines below when deciding if your child should come to school.

Any child with the following symptoms should stay home:

- A fever 100 degrees or higher. A child should not come back to school **until the temperature is normal for 24 hours without medication.**
- vomiting or diarrhea in the last 24 hours
- a frequent cough
- any rash accompanied by a fever
- ear pain and/or eye drainage
- sore throat with a fever and/or rash

Communicable/Infectious diseases: Please report any infectious diseases (strep throat, influenza, chicken pox, mononucleosis, ringworm, Impetigo, 5th disease, hand, foot and mouth, scarlet fever, etc.). A note from your health care provider is required to return to school stating they are no longer contagious.

Parents just a final reminder!

- Please remember to update your emergency phone number as changes occur. Send in new phone numbers and contact information with your child.
- Any students with asthma, food/sting allergies, or any other medical conditions please submit medical paperwork for the current school year as soon as possible.
- Also please consider providing a change of clothes that are kept in your child's book bag as accidents do happen.

Note From the Nurse

9/4/19

It is helpful to us as a school community to have good communication with families at all times. The more information we have, the more we can help your child be healthy and to succeed in school. Do not hesitate to contact me if I can be of any assistance to advocate for your child's healthcare needs. I wish good health and a successful 2019-20 school year for your children!

Sarah Broome, **BSN, RN, NCSN**

sarah.broome@ucps.k12.nc.us

School Nurse

Prospect Elementary

3005 Ruben Road

Monroe, North Carolina 28110

704-764-2920 (Phone)

704-764-2923 (Fax)

Western Union Elementary

4111 Western Union School Road

Waxhaw, North Carolina 28173

704-843-2153 (Phone)

704-843-9019 (Fax)

.