



### **From the School Nurse's Office**

A few reminders and healthful hints from your school nurse!

**Medications:** Whenever possible, medication should be scheduled during non-school hours. However, in the event your child needs medication during school hours, please be sure to have the **"Authorization to Administer Medication"** form completed by your child's health care provider and returned to the school nurse. All medications (prescription and non-prescription) must be sent in the original container, sealed, and labeled with the child's name. Non-prescription medication (Tylenol, ibuprofen, etc.) may not be administered without physician authorization. Prescribed antibiotics may be given with a physician's note, but need to be in a properly labeled pharmacy container that can remain at the school.

**Epi-Pens, Inhalers, and Injectable Medications** require a separate authorization form. All medication should be hand-delivered to the nurse's office by the parent/guardian. Children are not encouraged to be transporting medication to school in their backpacks.

**Illness/Injury:** If your child is ill or injured during school hours, he/she will be assessed by a Registered Nurse. For superficial abrasions, soap and water will be used for cleansing. You will not be contacted each time your child visits the school nurse, however, in the event your child appears to have a serious illness/injury, every effort will be made to notify you. Please be sure all phone numbers and health care information is kept current throughout the school year.

Children with a temperature of 100 degrees or higher will be sent home immediately. Please keep students home from school until they remain fever-free (below 100 degrees) for 24 hours without fever-reducing medication. Children with other symptoms of a possibly communicable disease will also be sent home from school at the discretion of the school nurse. If your child has been diagnosed with a contagious illness, such as flu, chicken pox or strep throat, please notify the school. It is helpful for the school nurse to receive a copy of any instructions provided to you after your child is seen by a medical provider. **Hospital stays, multiple day absences, and serious illnesses and/or injuries require a physician note** as well as specific instructions about activity or other restrictions (if any) and the amount of time (duration) restrictions will be needed. Please provide this information to the school nurse **before** your child returns to school.

**Lice:** Head lice are a common community problem. They are not dangerous and do not transmit disease. The school nurse will notify parents of the student with lice or nits and recommend treatment that evening. The student will not be sent home for nits and may return to school the next day after they have received home treatment.

**Food Allergies/Outside Food:** Many students have food allergies. It is imperative that parents notify the school nurse and the child's teacher of any food allergies as soon as possible. In order to keep all students safe, we ask that parents **DO NOT** bring in outside food, other than lunches and healthy snacks for their own child's consumption. ***A food allergy can turn into a potentially life-threatening situation.*** Parents are encouraged to consider books, pencils, or other non-food items for birthdays, parties, and end of year celebrations. \*Please note, food preference is not considered an allergy.

**Chronic Health Conditions:** The school nurse will work closely in collaboration with students and family regarding special health care needs and chronic health conditions such as asthma, diabetes, allergies, sickle cell disease, cancer, or other health conditions. Parents are requested to notify the school nurse about their student's specific health needs as well as any assistive devices (i.e. crutches, splints, walkers, etc.) your child may need while at school. Please request a note from your child's healthcare provider about your child's specific condition, activity restrictions, dietary needs or any other interventions or procedures needed (or possibly needed) during the school day.

**Clothing:** At times, children may soil or rip their clothing. Thanks to the families who have donated outgrown clothing, we sometimes have clothes for them to wear home. Please return these items washed as soon as possible so they are available for other students. The PTA has also donated new underwear which does not need to be returned. If your child has ongoing bathroom issues, please put extra clothing in their backpack for personal use.

**Screenings:** All students in Kindergarten, 3<sup>rd</sup>, 7<sup>th</sup> and 10<sup>th</sup> grade, as well as students new to the school district will have vision and hearing screening performed at school. If there is an abnormal finding, parents will be notified by letter/email. Please contact the school nurse if you have any concerns regarding your child and the screening process. If you are interested in volunteering to help on screening day please contact your school nurse.

**Please contact me at [kristin.shiraishi@acps.k12.va.us](mailto:kristin.shiraishi@acps.k12.va.us) or 703-933-6307 if you have any questions or concerns. Have a safe and healthy school year!**



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