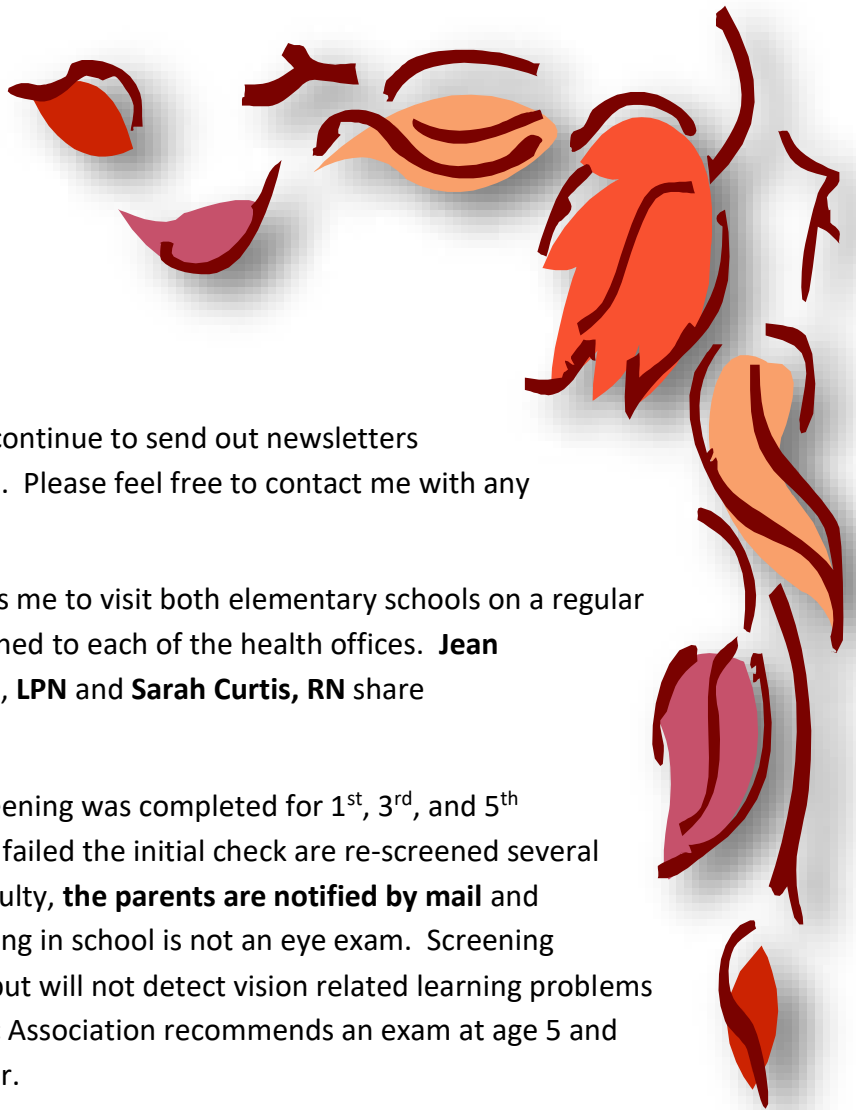


# Fall Monticello Elementary Schools Health Notes



Welcome to the 2022-2023 school year! I will continue to send out newsletters periodically to update on school health matters. Please feel free to contact me with any questions or concerns.

**NURSE'S OFFICE SCHEDULE:** My schedule allows me to visit both elementary schools on a regular basis. There are health paraprofessionals assigned to each of the health offices. **Jean Halonen, LPN** is at Little Mountain; Karen Brion, LPN and **Sarah Curtis, RN** share responsibilities at Pinewood.

**HEARING & VISION SCREENING:** Our initial screening was completed for 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> grades during Welcome Back Days. Those who failed the initial check are re-screened several weeks later (November). If they still have difficulty, **the parents are notified by mail** and urged to seek medical attention. Vision screening in school is not an eye exam. Screening may pick up on more obvious vision problems but will not detect vision related learning problems or eye health issues. The American Optometric Association recommends an exam at age 5 and every 2 years thereafter unless indicated sooner.

**MEDICATION POLICY:** When it is necessary for your child to receive a **prescription medication** during school hours, the medicine must be in its original container and a form must be completed by the prescribing physician. These forms are available at the local clinic, on our school website, and the school offices. **Over the Counter (OTC) medication** will be administered with written parental permission only. It must be in the original container and written instructions as to dose and time of administration. The nurse or delegated personnel will give all medication in the health office.

We will NOT, however, give any OTC medication beyond the recommended dosage of the manufacturer without a physician's order. Also, any aspirin or other products not recommended for children under 12 years of age will not be given without a written doctor's authorization. All medications, vitamins and supplements must be FDA approved.

**SCHOOL REPORTING OF DISEASES:** Schools in MN are required to report to the Minnesota Dept. of Health (MDH) certain diseases. **It is important to notify your school whenever your child is diagnosed with a communicable disease.** Some of these diseases can be very serious, so it is important you call right away, even if you believe someone else may have already made a report. The following diseases are reportable by

the school but there are many others: Chickenpox, Covid, Shingles, Pertussis, Measles, Mumps, Rubella, Diphtheria, Tetanus, Polio, Viral Hepatitis, Influenza, and Influenza-Like Illness.

COVID-19: Per MDH guidance, those individuals testing positive will be excluded from school for 5 days beginning with the onset of symptoms (day zero) and are able to return on day 6. Household members/close contacts are cleared to be at school as long as they're feeling well. Please contact me with questions.

FOOD ALLERGY OR INTOLERANCE: Food reactions are common, but most are caused by a food intolerance rather than a food allergy. A food intolerance can cause some of the same signs and symptoms as a food allergy, so people often confuse the two. If you have a reaction after eating a particular food, see your doctor to determine whether you have a food intolerance or a food allergy. If you have a **food allergy**, you may be at risk for a life-threatening allergic reaction (anaphylaxis)—even if past reactions have been mild. If you have a **food intolerance**, your doctor may recommend steps to aid digestion of certain foods or to treat the underlying condition causing your reaction. Please let me know if your child suffers from either of these.

APPROPRIATE CLOTHING: The weather will soon get cooler outside. It is time to think about warmer items for your child to take to school. Your child should always have a **jacket available** in case the weather changes during the school day. Be prepared for the next season approaching and look into getting hats, boots and gloves. Children do go out daily for recess unless it is raining or it is colder than 10 degrees below zero. Proper footwear is also required for physical education (PE) class and recess. That means no flip flops at school during those times.

IMMUNIZATION RESOURCES: **The Wellness on Wheels (WOW) van** travels around Wright county providing immunizations and other services. A fee may be charged and will vary by service provided. Children will not be turned away if money is an issue. The WOW van is in Monticello once/month. If you are having insurance concerns and your child needs immunizations, please contact them at 763-682-7516 to make an appointment. The WOW van is staffed by Registered Nurses (RN's). Please inform the health office after your child has received any immunizations and we will update that information on their health record.

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