



Nurses' Notes

A Few Reminders for Parents from Claymont's School Nurses


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Medications

For those unique circumstances in which a student must take medication (prescription or over-the-counter) during the school day, a new medication form must be completed by your child's physician *every* school year. If the mandatory guidelines are not followed medication **cannot** be administered. This includes epinephrine and inhalers.



Immunizations/Physical/Dental


 Please remember to turn in documentation of any required immunizations to the office at the start of the school year. **THIS IS A STATE LAW FOR SCHOOL ATTENDANCE!** In addition to immunization records, kindergarten students should also turn in a Health History & Physical/Dental forms. Students entering 7th grade are required by state law to turn in documentation of having received the Tdap vaccine within the last 5 years.

Emergency Medical Forms

These forms go with your child to the hospital in the event of an emergency. Be sure to include pertinent health information that emergency personnel should know.



Screenings

During the first couple of months of school a number of students will participate in health screenings as required by state law & according to Health. Screenings may include vision, lice (elementary students). Rechecks will be screenings to ensure follow-up on referrals.  guidelines from The Ohio Department of hearing, growth (height/weight/BMI), and done several weeks following the initial Please remind your child to wear their glasses or contacts, if they have them.

Lice

The occurrence of only coincidences. The truth is lice throughout the



head lice cases around the start of the school year and at fair time are Lice just happen to be found at screenings that are done at that time. are around all year long. Please check your child periodically at home school year to keep those little critters at bay! Part the hair and look for tiny eggs close to the scalp at the nape of the neck and behind the ears.

Food Allergies & Restrictions

When choosing "treats" for the classroom, we ask that you take into consideration any food restrictions that may be in your child's classroom (food allergies, milk, diabetes, celiac disease, etc.). You may check with your child's teacher, but of course, names will be kept confidential. If your child has a restriction, you might want to consider keeping a substitute "treat" and/or epinephrine at school for your child. Also, please teach your child what foods they should avoid. Sharing or trading of food should be discouraged to avoid any incidents.



If your child requires a food accommodation from the cafeteria a *doctor's excuse* is required each school year.

Healthy Foods Make Smarter Kids

When packing your child's lunch or providing classroom treats consider healthy alternatives. Studies have proven that kids do better in school when they eat healthy foods. Apple slices, granola bars, cheese sticks, popcorn are some good snack substitutions for sweets or chips.



Prevention is Key

Everyone knows that hand washing is the best way to prevent the spread of disease, but did you know that many kids do not know how to properly blow their noses and cover their mouths with their elbow? Please practice these valuable hygiene skills at home.

When to keep your child home

If your child has a temperature over 100 degrees or vomiting, please keep them home from school. Likewise, we will call parents to pick up a child who has these symptoms. Here's a tip from an "old" school nurse: Please refrain from telling your child they can call home if they don't feel well. Experience dictates that they will want to call to go home after they get to school!, even if they feel ok!



Kindergarten Screening

If you have a child you will be bringing to kindergarten screening, please make sure you complete the **Health History** and bring their **immunization record** with you.



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Tdaps



Pertussis, better known as whooping cough, is highly contagious and one of the most commonly occurring vaccine-preventable diseases in the United States. Many infants who get pertussis are infected by older siblings, parents or other caregivers who might not even know they have the disease. Immunity from kindergarten boosters wears off after several years. In an effort to reduce the spread of pertussis across the Buckeye State, ODH added additional immunization requirements for school entry for 7th grade students. **If your child is in 6th grade, please make arrangements for them to get the *required* Tdap immunization *before* the start of 7th grade.**

Field Trip Meds



If your child will be going on an overnight field trip and needs prescription or over-the-counter medication, they ***must*** follow the protocol as if they have to take medication at school (form completed by physician and parent; medication in original container, etc.). This medication must be turned in several days before the trip.



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End of Year Clean-Up

If your child has medication at school at the end of the school year, you will need to come in and pick it up. We will not send it home with the student. This is to ensure the safety of all students. If your child will need medication the following school year, please pick up a medication form in the office and have it completed over the summer.



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