

Nurse's Notes

A Few Reminders for Parents from Dover's School Nurses

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MEDICATIONS

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

FYI: These guidelines consider essential oils a medication.



IMMUNIZATIONS/HEALTH HISTORY/PHYSICAL/DENTAL FORMS



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!** Kindergarten, 7th, and 12th grade students now have specific immunization requirements. Those students not in compliance are subject to exclusion from school **AND** school-related activities (sporting activities, dances, etc.). In addition to immunization records, kindergarten students need to turn in Health History & Physical/Dental forms.

EMERGENCY MEDICAL INFORMATION

This now needs to be updated online annually. This is necessary for school personnel and emergency responders who need to know vital health information. This **MUST** be completed before students can attend field trips.



FOOD ALLERGIES & RESTRICTIONS

If your child requires food accommodation from the cafeteria a **doctor's statement is required.** If your child has a restriction due to food allergies, milk intolerance, diabetes, celiac disease, etc. and eats a tray lunch, responsibly review the lunch menu ahead of time to determine if your child should purchase it on any given day.



Our food service department now offers nutritional information on their menu items! Go to the Dover City Schools home page>parent resources>food services>menus. There you can hover over menu items and get calorie/carb counts, filter by allergens, make your own "Build a Meal" menu, etc. You can even download a "My Schools" app!

Teach your child what foods they should avoid. Sharing or trading of food is discouraged to avoid any incidents. Consider keeping a substitute "treat" at school for your child, if their allergy is severe. When choosing "treats" for the whole classroom, take into consideration any food restrictions that may be in your child's classroom. You may check with your child's teacher, but of course, names will be kept confidential.

This year, we have stock Epipens in each building for any anaphylactic reaction that occurs.

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 guidelines from The Ohio Department of Health. Screenings may include vision, hearing, growth



(height/weight/BMI), and lice. Please remind your child to wear their glasses or contacts, if they have them. If a referral is made, please have those forms completed by the doctor and return to school so we know follow-through has occurred.

LICE

The occurrence of head lice cases around the start of the school year and at fair time are only coincidental. Lice are found at fair time because that's when health screenings are done! The truth is, lice are around all year long. Please check your child periodically at home throughout the school year to keep those little critters at bay! Part the hair at the nape of the neck and behind the ears and look for tiny eggs close to the scalp.





HEALTHY FOODS MAKE BETTER LEARNERS

When packing your child's lunch or providing classroom treats, consider healthy alternatives. Childhood obesity has become a serious issue. Also, 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. We would like to promote healthy choices, so please try to avoid sending in fast foods, sugary treats, and soda.

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 elbows? Please practice these simple, yet valuable hygiene skills at home.



WHEN TO KEEP YOUR CHILD HOME

If your child has a temperature over school. Likewise, we will call parents to "veteran" school nurse: Please refrain well before they leave for school. time (usually right after they get to hours without fever-reducing medication before returning to school.



100 degrees or is clearly vomiting, please keep them home from pick up a child who has these symptoms. Here's a tip from a from telling your child they can call home if they say they don't feel Experience dictates they will want to call to go home 99.9% of the school!), even if they feel ok! They should be fever-free for 24

ORAL HEALTH

February is National Dental Health Month. In the past we have had local dentists visit 3rd grade classrooms and talk to students about good dental hygiene and screen them for any dental health issues that may need addressed. Even though tooth decay can be prevented, 51 percent of Ohio school children have a history of tooth decay in their primary (baby teeth) or permanent teeth. Please encourage good dental hygiene at home.



ALWAYS CHANGING



Sometime after the first of the new year, the nurses will be talking to 5th grade classes about the changes they will experience as they go through the early stages of puberty. Helping students understand the changes taking place will contribute to a positive and informed transition into adolescence. We use a program from Proctor and Gamble to supplement this lesson. If you like, you can go to their website @ www.pgschoolprograms.com and view/download some of the materials that will be used.

KINDERGARTEN REGISTRATION

If you have a child you will be bringing to complete the **Health History and bring their immunizations, physical and dental forms in before**



kindergarten screening, please make sure you **immunization record with you**. Turn any updated your child starts school.

FIELD TRIP MEDS



If your child will be going on an overnight field trip such as D.C./N.Y.C. and needs prescription or over-the-counter medication, they **must** follow the same protocol as if they would have to take medication at school. *Sixth grade camp has a nurse on site during the day. The camp does not require a physician's signature, but a camp medication form still needs completed and their guidelines followed. *Please turn in medication a few days before the trips and pick them up at the school after the trips.*

END OF YEAR CLEAN-UP

If your child has medication at school **you will need to come in and pick it up at the end of the school year, . It will NOT be sent 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 or get it online to have it completed over the summer.

