NOTES FROM OUR SCHOOL NURSE

HEALTH ROOM

Bear Creek has a health room adjacent to the main office. Students may visit the health room if they are ill, injured, or have a health concern. Students should have a pass from a teacher to come to the health room, except in case of an emergency. Students may be escorted to the health room in the interest of their safety. It is intended to be a place for students to rest briefly until we can make a determination as to whether they can stay in school or need to go home.

HEALTH STAFF

Karina Tominello, the health clerk, meets the needs of the health room every day at school, with the assistance of Cortney Smith and Deb Samek. I (Ann Colby) am the school nurse consultant at Bear Creek. Depending on my schedule I am at BCES 2-3 days during the week. If you have any questions regarding your student’s health needs at school or need to update your student’s health status, please email me at acolby@lewispalmer.org.

FIRST AID/ILLNESS

Only basic first aid is performed at school. If an injury is serious, parents will be notified to pick up their child. If a student feels ill at school, a short rest period in the health room will be allowed before she/he is encouraged to return to class. If the student is too sick to return to class, has an elevated temperature, and/or is vomiting, parents will be contacted to pick up your child. Please make sure the school has your current home, cell, and employment phone numbers. If your child feels ill in the morning before school starts, please do not send him/her to school. Please be extra vigilant about sending your child to school if they are not feeling well during the current situation we are experiencing.

HEARING AND VISION SCREENING

Our annual hearing and vision school screening will be held October 5 and 6, with rescreens on October 21 and 22. Your child’s hearing and vision will be screened by our district screening team. If it is determined that a further vision screening is warranted, you will be sent a referral letter recommending an examination by an eye care specialist at your expense. If your child needs additional hearing screening, the district audiologist will screen your child and notify you if there is a concern. Please remind your child to have his/her glasses on screening day.

MEDICATION

If students need to take medication at school, the medication (in the original container) needs to be delivered by a parent. Students may NOT transport medications, including over-the-counter medications, to or from school.

The following procedure must be followed for medications to be administered at school:

- Prescription medications must come in the most recent bottle dispensed by the pharmacy.
- The bottle label must include the following information: student’s name, prescribing doctor’s name, name of the drug, dosage, the time of day the drug is to be administered, and prescription date.

Over-the-counter medications, such as Tylenol, Advil, cough drops, and cold medications must be brought to school in the bottle or box in which they were purchased. The student’s name should be written on the container, and the container will be kept in the front office.

A District Permission for Medication Form must be completed and signed by the parent/guardian and signed by the Health Care Provider with prescriptive authority, for each medication. This must accompany each medication, including over-the-counter medications. The form must include:

1. Student’s name.
2. Name of medication.
3. Amount of medication to be administered.
4. Time medication is to be administered.
5. Date medication is to be stopped.
6. Permission for the school to administer the medication.
7. For medications administered on an “as-needed basis,” the note must indicate the amount to be
administered, the frequency, and the reason for giving the student the drug.

No medication will be administered to a student if it comes in a baggie, plain bottle, envelope, etc. The
parent will be called and the medication will NOT be administered. Also, please do not send any medication,
over-the-counter medications, or vitamins in your child’s lunch box. These policies have been made to ensure
the health and well-being of all students.

Teachers will give medications to students when they go on field trips. The medications will be prepared by
Mrs. Tominello, and reviewed by the School Nurse. Then given to the teachers with instructions regarding the
administration of the medications.

**IMMUNIZATION RECORDS**

All students are required by Colorado State Law to have an immunization record on file at school with the
following immunizations: Grades K-6+: 5 DTaPs, 4 Polios, 2 MMRs, 3 Hepatitis Bs, and 2 Varicellas (or have
history of Chicken Pox with proof of the disease from a medical provider.) Additionally, 6th graders need a
TDaP booster.

Per Colorado Department of Public Health & Environment guidelines, parents/guardians seeking
non-medical exemptions for children in kindergarten-12th grade must submit non-medical exemption
forms annually. The guidelines for non-medical exemptions have changed this year, please email
acolby@lewispalmer.org for the directions.

Medical exemptions only need to be submitted once and require the signature of your child’s healthcare
provider. To submit a non-medical or medical exemption, go to [www.colorado.gov/vaccineexemption](http://www.colorado.gov/vaccineexemption) and follow the instructions. Children with an exemption may be kept out of school during a disease outbreak.

If you have previously signed exemptions, but have your child immunized at a later date, please provide an
updated immunization record to the school or email it to acolby@lewispalmer.org. Also, any time your child
receives an immunization(s), please provide an updated record to school or email it to acolby@lewispalmer.org.
For more information on immunizations, please visit the CDPHE website at [www.coloradoimmunizations.com](http://www.coloradoimmunizations.com) or contact Ms. Colby.

**COMMUNICABLE DISEASES**

If your child has been diagnosed with a contagious disease, such as the flu, strep throat, whooping cough,
chicken pox, or pink eye, COVID-19 or another disease, please notify Mrs. Smith, the attendance clerk.

**FOOD ALLERGIES**

Food allergies are a growing public health concern in the U.S. The following facts are from the Food
Allergy and Anaphylaxis Network:

- Results from a 2015-2016 survey of more than 38,000 children indicate that 5.6 million children, or
nearly 8 percent, have food allergies. That’s one in 13 children, or roughly two in every classroom.
- Food allergy is the leading cause of anaphylaxis (a severe allergic reaction) outside the hospital setting.
- Eight foods account for the most serious food allergy reactions in the U.S.: milk, eggs, peanuts, tree nuts
(walnuts, almonds, cashews, pistachios, pecans, etc.), wheat, soy, fish, and shellfish.
- It is estimated that 32 million Americans have food allergies.
- Strict avoidance of food allergens is very important to prevent serious health consequences.

Please check with your classroom teacher to see if there are any students with severe food allergies before
sending food into the classroom. If you have a child that has a severe food allergy, please contact Mrs.
Tominello or Mrs. Colby.

Have a healthy and great school year!
Ann Colby, RN