

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 must 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.

SCHOOL NURSE

Nicole Prichard, the health-aide, meets the needs of the health room every day at school, with the assistance of Karen Meyers, Tara Ackerman and Deb Samek. Our School Nurse Consultant, Ann Colby, will be available at Bear Creek on Wednesday and Fridays. If you have any questions regarding your student's health needs at school or need to update your student's health status, please email Mrs. Colby 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 student. If the 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 the student. Please make sure the school has your current home, cell, and employment phone numbers. If a student is ill in the morning before school starts, please do not send him/her to school. If your student feels ill in the morning, please be extra vigilant and keep him/her at home. A copy of [Illness Guidelines](#) is posted on the Bear Creek website for your reference.

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, medicated cough drops, and cold medications must be brought to school in the bottle or box in which they were purchased. This also includes vitamins. The student's name must be written on the container, and the container must be kept in the health room.

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 the 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 students' lunch boxes. These policies have been made to ensure the health and well-being of all students.

It will be the student's responsibility to go to the health office to receive the medication. It is preferred that the student take the medication during his/her own time, if at all possible, so as not to miss class.

Teachers will give medications to students when they go on field trips. The medications will be prepared by Mrs. Prichard, and reviewed by the School Nurse, and 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-6th: 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 (religious or personal belief) exemptions for children in kindergarten-12th grade must submit non-medical exemption forms annually. Medical exemptions only need to be submitted once and require the signature of your child's doctor or advanced practice nurse. To submit a non-medical or medical exemption,

go to www.colorado.gov/vaccineexemption and follow the instructions. **Children with an exemption may be kept out of school during a disease outbreak.”**

If parents have previously signed exemptions, but have their student immunized at a later date, those documents must be provided to keep the student’s school immunization record current.

For more information on immunizations, please visit the CDPHE website at www.coloradoimmunizations.com or contact Mrs. Colby.

Any time you have your student’s immunization record completed/updated, please send a photocopy to the school or give it to the office. This will ensure we have record that your student is in good standing with the immunization laws of Colorado.

COMMUNICABLE DISEASES

If your student has been diagnosed with a contagious disease, such as the flu, strep throat, whooping cough, chicken pox, or pink eye, etc., please notify Mrs. Prichard.

HEARING AND VISION SCREENING

Our annual hearing and vision school screening will be held October 4th and 8th, with rescreens on October 22nd and 23rd. Your student’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 student 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.**

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:

- Between 1997-2008 peanut and tree nut allergies have more than tripled in U.S. children.
- 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 15 million Americans have food allergies.
- There is no cure for a food allergy; only strict food avoidance can prevent a reaction.
- One in every 13 children have a food allergy or approximately 2 in every classroom.

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 the Mrs. Prichard or Mrs. Colby. Have a healthy and great school year!