

Student Health/School Nurse

Licensed school nurses provide a variety of services that support a healthy learning environment for all students and staff in District 196.

Illness and Injury

In cases of illness or significant injury at school, a parent or guardian will be contacted by the Health Office. If a parent or guardian cannot be reached, the emergency contact will be called. The emergency contact must be willing and able to provide transportation and supervision of the student. It is important the parent/guardian and emergency contact information is current for all students. If no one can be reached, 911 will be contacted as necessary. Please keep your contact and emergency contact information up to date.

Guidelines for whether or not to send your child to school

We want children in school and ready to learn. The following guidelines have been established to help determine when children should remain at home. They may need to rest at home if they have:

- Fever
- Vomiting
- Diarrhea
- Any rash, of which you do not know the cause
- Or they are not feeling well enough to participate in the school day.

When your child is feeling ill please don't hesitate to call your school nurse with questions or concerns. We would prefer your child remain at home for 24 hours after the above symptoms have subsided. This helps prevent the spread of communicable diseases and allows the opportunity to rest and recover fully from the illness.

The school district will follow the guidelines from the Minnesota Department of Health for recommended exclusion and notification for vaccine-preventable diseases (mumps, measles, rubella, pertussis, diphtheria, viral hepatitis, chickenpox and meningitis). There will be no other classroom or grade level notification for communicable diseases.

Establish Healthy Habits

We know that too many absences/tardies, for whatever reason, can cause children to fall behind both academically and socially. Encourage healthy habits and routines, including adequate sleep and nutrition, and consistent attendance for your child's success.

Immunizations

In order for students to enroll or remain enrolled in elementary or secondary school, MN state law requires documentation of required immunizations, written proof of exemption, or conscientious objection. Students will not be allowed to start school until this information is returned to the Health Office. Your child can meet the immunization requirements through being fully immunized, providing a signed medical exemption letter or through a notarized conscientious objection.

<http://www.district196.org/student-services/health-services/immunization-requirements/>

Medications

To ensure students receive needed medication and that it is not misused, the school district has developed rules for the administration of medication in school. Please note the following points:

- All medication must be kept in the office of the school nurse and must be administered by the school nurse or other appropriate school personnel unless there is authorization for self-carry/self-administration on file with the health office
- Medication guidelines:
 1. A completed Prescription Medication Authorization Form from a student's parent or guardian and
 2. Medication in a prescription bottle or original container is required before a school nurse will give a student prescription or non-prescription medication
 3. Only FDA approved medications will be administered by school personnel
 4. Parent consent for non-prescription medications is required
- If medication is to be given for more than two weeks, a written order from a physician or dentist must be provided to the school
- If prescription medication remains in the nurse's office after the end of a school year or when the student is no longer attending the school, the nurse will contact the student's parent or guardian to pick up the medication. If the medication is not picked up within one month, it will be destroyed. With parent permission, epi pens, inhalers and insulin can be sent home with the student at the end of the school year
- Questions should be discussed with your school nurse.

<http://www.district196.org/student-services/health-services/rules-for-taking-medication/>

Health Screenings

Each year students participate in screening. Students also receive hearing and/or vision screening upon request from a parent/guardian or if the teacher suspects a hearing or vision concern that is affecting the student's ability to learn. *If you do not wish to have your child screened please contact the School Nurse.*

Health Plans

If your student has a health condition that could result in an **emergency** (for example, serious allergy with epi pen, diabetes, seizure disorder or asthma) or has a health condition requiring **accommodations** (for example, medication administration, treatments, or restrictions) contact the School Nurse before the school year starts or as soon as the condition develops. Our school and district websites have the necessary forms for you and your child's physician to complete. <http://www.district196.org/student-services/health-services/>