



A note from Nurse Valerie

August 2018

Hello Parents,

In this newsletter you will find information specific to your child's health care at Black Fox Elementary. Please take a moment to read over this newsletter so that you will be informed about health related policies at your child's school. I am available if you have any questions. Please feel free to call me anytime or email me at

vlamon@bradleyschools.org.

Have a great year!

Nurse Valerie Lamon, RN

423-478-8800

Medications at School

Medications can be administered at school. This service is offered to help keep you from having to make trips to the school every time your child has a minor symptom that can be treated with an over the counter medication. If you know that your child will likely require Tylenol, Tums, Ibuprofen, Pepto-Bismol, Benadryl, etc. during the school year you are welcome to supply this for use. Please make sure that the medication is in its original container otherwise it will not be given to the student.

You as the parent/guardian will need to bring the medication in to the school nurse and sign a consent giving permission and parameters for the medication to be used. **It is against school policy for students to carry ANY type of medication on campus.**

Prescriptions medications can only be given as indicated on the prescription bottle. If your child takes a medication differently at home please have the physician or pharmacist update the bottle prior to bringing it to the office.

Cough drops must be brought to the nurse by a parent/guardian like any other medication.

If you have any questions about what may be sent for your student please feel free to call 478-8800.



Students are not permitted to carry any type of medication on campus.



Allergies

We understand that children have allergies to many things and we take this very seriously here at Black Fox. If your child does have an allergy to food, environment, or medications please let us know. We will then have the knowledge and capability to help protect your child from exposure while they are here at school. If your child has a birthday and you are bringing treats to the class, please take the time to check for allergies **prior** to bringing foods. Something must be provided for all students in the classroom.

A severe allergic reaction is one with potentially life-threatening symptoms such as swelling of the face/throat and coughing with or without wheezing. If your child requires and EPI-PEN for severe reactions please bring it to the nurse's office as soon as possible.

Every month your student will be educated on a different topic related to health, wellness, nutrition, and physical activity. Be on the watch for parent handouts/education. Ask your child what they are learning at school about these topics. Take time to find fun ways to reinforce these topics at home.



Clinic Phone
423-298-4469

School-Based Clinic

The Ronald McDonald Care Mobile through Erlanger is our school-based health clinic. It is open and available to all students. Visits may include but are not limited to physicals, vaccines, sick visits, providing prescriptions, help with asthma conditions, referrals to other resources, and more. Listed below are their daily locations. Sometimes the schedule will change and you are welcome to call prior to visit.

Monday-Lake Forest Middle School

Tuesday- Stuart Elementary

Wednesday- Lake Forest

Thursday- Blythe Bower Elementary

Friday- Waterville Elementary

***Telemedicine visits will be available soon at Black Fox Mon-Fri. (as office schedule allows)

***If the guardian has filled out consent, students may visit any site, any day from 8am -4pm. You **MUST CALL** Nurse Valerie if you would like your child to be seen while at school. We will call them from class as the schedule allows and the NP will give you a call. It is

HEALTH AND VISION SCREENINGS

The Lion's Club will come to Black Fox September 26th for vision screens for all Kindergarten, 2nd, and 4th grader students. The Lion's Club is composed of volunteers that go to every county school every year to extend their commitment for providing sight to those in need. Anytime abnormalities are noted parents will be notified by the nurse.

There is financial assistance available through the Lion's club for those students needing glasses.

We will also be conducting our annual health screenings for all Kindergarten, 2nd, and 4th graders students. On Thursday, September 14th. In these screenings we check height, weight, blood pressure, and hearing.

These screenings are non-invasive and are a good way to identify potential health problems. Students are screened in the even years of school from Kindergarten to 12th grade.

Any abnormal findings will be noted on an official form and sent home to the parent/guardian.



Physician/practitioner follow-up may be needed or recommended.

Please let us know if you have any questions or concerns about results.

The health department will be at Black Fox October 16th for student Flu vaccines. You should have received a yellow form where you could choose how you wanted to receive the permission form for your child to receive a shot.

Please make sure the school has a current phone number so that you can be contacted in the case of an emergency/illness.



Lice, Lice, Lice

Alright, here's a topic that will make your head itch.... Lice. Now is a great time to educate our children on preventing the spread of lice. Explain to them that head lice are tiny bugs that like to live in people's hair. Reassure your child that having lice doesn't mean that someone is dirty, but rather that lice move from person to person on items such as hats, brushes, stuffed animals, backpacks, jackets, etc.

We understand that children share things. Black Fox teachers are asked to check each child's head on the first day of school and periodically. This is one method we use to identify potential problems.

Bradley Co. Schools policy is as follows: No student will be allowed at school with live bugs.

Check you child's hair frequently and thoroughly. Lice typically start as white/clear, translucent, and tear drop shaped. As they advance they become darker and turn to live, moving bugs. If your child has been sent home with lice please treat immediately. You must come in with your child the next morning with proof of treatment. Your child will be rechecked and sent home again if bugs are still found. The day your child is sent home by the nurse is the **only** excused absence. You must provide a parent or Dr. note for any days missed there after. Here are some tips for getting rid of lice at home:

1. Check everyone in the house.



2. Use an effective head lice treatment/shampoo. (store bought or rx strength from doctor)

3. Remove ALL nits! (this is key) You may have to pull the nits from the hair. The nit comb will not remove all nits. Tea Tree oil can be helpful in making the hair slick enough to slide nits off the hair shaft. It is not effective when used alone.

4. Wash clothes, bed linens, towels using hot water. Store stuffed animals in a garbage bag for 3 weeks.

5. Soak combs and brushes in hot water.

6. Vacuum everywhere including carpets, pillows, mattresses, furniture, car seats and throw the vacuum bag away.

7. Recheck your child every 10-14 days. Retreat in 7-10 days.

When to Keep your Child Home from School



Students should stay home until their temperature has been normal for 24 hours and/or they have not vomited in 24 hours.

Our children play and work close to each other for several hours each day. They are around many disease-causing germs. It is easy for illnesses to quickly spread through a class. Good hand washing habits are encouraged at school. We also clean the surfaces your child touches often. By doing these things, we should be able to cut down the spread of illness in school.

It is sometimes hard to know when to keep children home from school. The following is a list of signs and symptoms that might mean a child is ill. These signs also mean that a child could be contagious.

FEVER: A person's normal temp, is around 98.6 degrees. Anything

over 100.0 means that your child should stay home. Fever usually means a sign of infection. Children must be **fever free without medication for 24 hours before returning to school.**

RASH: Keep your child home unless you are sure the rash is an allergic rash, such as poison ivy. A rash may be a sign of any number of diseases that can be spread easily.

VOMITING: Healthy children don't throw up. Be sure your child has fully recovered from whatever illness has caused the vomiting. Your child should be able to keep down clear liquids and a light meal.

Students must be 24 hours vomit/diarrhea free to return to school.

RUNNY NOSE: A nose that has thick colored discharge means there could be an infection. Your child should be seen by a doctor.

COUGH: A cough that lingers and/or is deep should be considered contagious. Your child should be kept home.

SORE THROAT: If your child has a fever, cough, or thick nasal drainage along with a sore throat, he/she should stay home and be seen by a doctor.