



## HEALTH TIPS:

- Get plenty of sleep (8-11 hours)
- Eat breakfast
- Drink 8-10 glasses of water daily
- Get 15 minutes of exercise daily
- Wash hands frequently

## Suggestions for Care of a Sick Child

- Get plenty of rest
- Encourage fluids:
  - water, Gatorades, soups, juice
- Eat balanced diet with fruits & vegetables
- Encourage them to cough into their elbow, not their hands
- Wash hands frequently
- Disinfect household surfaces:
  - countertops, phones, tv remotes, toys, keyboards
- Keep the child's environment tobacco free
- After an illness, obtain a new toothbrush, change linens, & clean their bedroom
- Always consult your family doctor if you have questions or concerns



Newton County  
Elementary School

## Nurse Information

*"Students must be Healthy to be educated and must be educated to be Healthy."*

### Nurse Contact:

*Patty Gibson, RN, BSN*

601-635-2325

[pgibson@newton.k12.ms.us](mailto:pgibson@newton.k12.ms.us)

If there are any updates or changes in your child's health or if you have any questions or concerns, please contact the number or email above.

School nurses provide care to students who require medication management and treatment throughout the day so they may continue in school and receive a good education. It is also our job to treat sudden incidents that happen during school hours while at school. School nurses are not allowed to treat conditions that start at home, nor diagnose specific conditions. Nurses can only treat symptoms that occur during the school day and only once throughout the day. If you are concerned about your child's health, please take them to see a doctor. You know your child better than the nurse or teacher, and you know what is normal or abnormal for your child. The goal of the school nurse is to keep as many students healthy, in class, and ready to learn.

## Welcome Back to School!!!

I look forward to working with you and your children. To ensure your child's health and safety, I would like to share a few items with you.

### STUDENT HEALTH FORMS

Every school year each student must have a new health form completed as part of the registration process and signed by a parent or guardian. If your child has any of the following health conditions, then they must have an additional form called an **Action Plan** completed by their physician. It should be signed by the physician and parent or guardian and may be faxed to the school office.




- **Severe allergies**
  - *Requires Epipen*
- **Asthma**
  - *Requires inhaler*
  - *Requires breathing treatments*
- **Seizures**
  - *Currently medicated*
  - *History of seizures*
- **Diabetes**
  - *Type 1 or Type 2*
  - *Diet controlled, Insulin, or pills*

These forms will be available with online registration, found on the Newton County School District website, or they can be picked-up from the nurse's office.

## SICK DAY GUIDE

General guidelines for students being sent home from school with an illness are to help prevent the spread of certain viruses. We require that your child stay home for 24 hours after being sent home from school or if they have the following conditions.

### **STAY HOME IF...**

I have FEVER		Temperature >= 100
I am VOMITING		Within the past 24 hours
I have DIARRHEA		Within the past 24 hours
I have a RASH		Body rash with itching or fever
I have HEAD LICE		Active head lice
I have an EYE INFECTION		Redness, itching, &/or drainage from eye
I have been in the HOSPITAL		Hospital stay or emergency room visit

### **RETURN TO SCHOOL IF...**

<b>Fever free for 24 hours</b> without medication (Tylenol, Advil, Motrin, etc.)	<b>Free from vomiting for 24 hours</b> and 2 solid meals
<b>Treated with appropriate LICE treatment</b> at home and <b>proof is provided</b> to the nurse/ <b>Lice &amp; Nit Free</b>	<b>Diarrhea free 24 hours</b>
<b>Free from rash, itching, or fever.</b> I have been evaluated by my doctor if needed.	<b>Free from eye drainage &amp; release from my doctor</b> to return to school
	<b>After Hospital/ER visit/stay Released by my doctor</b> & return to school note



### MEDICATIONS

If your child will require medication at school, they will need a medication authorization form completed by their physician. This form must be signed by the physician and parent or guardian.

**ALL MEDICATION IS REQUIRED TO BE DELIVERED TO THE SCHOOL NURSE BY THE PARENT/GUARDIAN. NO MEDICATION SHOULD BE IN A STUDENT'S BOOKBAG AT ANYTIME.**

The only exceptions are those students needing medications for allergies and asthma (EpiPens & Inhalers), who have orders from the physician to self-carry and self-administer.

All medication should be delivered in the original container with the student's prescription label intact. The medication will be counted and signed in by the nurse and parent or guardian at the time it is delivered.

If there are any changes in your child's medication, please contact the nurse. A parent or guardian will need to pick up any unused, discontinued, or expired medication by the end of the school year.