

WELLNESS POLICY

In an effort to cultivate a healthy school environment for our students, staff, and visitors, Cathedral High School has developed a Wellness Policy. This policy was designed by our School Wellness Advisory Committee guided by the Center for Disease Control's School Health Index (SHI), a tool which helps schools formulate a comprehensive wellness plan that is based on collaborative, effective, and research-based principles with a focus on the whole child. Our goal is to establish and maintain a culture of wellness which will allow members of our school community to thrive and succeed spiritually, intellectually, socially, emotionally, and physically. The full policy can be found under the Wellness Policy tab on the Parent portal of Cathedral's website.

STUDENT HEALTH GUIDELINES

Mission Statement

The primary mission of Cathedral High School's student health program is to maintain a healthy and safe school environment for students, staff, and visitors to our school while maintaining compliance with state mandates. Educational success can be maximized by identifying, organizing, and providing accommodations for health problems that may jeopardize a student's ability to learn. In keeping with the principles of Cathedral 360, the school nurse coordinates student health while supporting students' Developmental Assets relating to overall physical health, psychosocial well-being, and safety in support of our students becoming empowered, responsible, and healthy young adults.

Immunizations

Indiana law requires that students in all grades must meet minimum immunization requirements. Per Indiana code 20-34-4-1, Cathedral High School will keep an immunization record on all enrolled students. The immunization record must include the student's name, date of birth, vaccine(s) given, and date (month/day/year) of each immunization. New students should provide a current immunization record prior to enrollment. Parents/guardians will be informed before the start of each school year of any new requirements. A link to current immunization guidelines for schools may be found under the Health Guidelines tab on the parent portal of Cathedral's website. Students may be excluded from school after 20 days if one of the following is not filed at school: current and updated immunization record OR religious exemption form (updated annually) OR medical exemption form (signed by a physician and updated annually).

Student Information

Parents/guardians/students are expected to be familiar with the Student Health Guidelines and agree to abide by these as a condition of enrollment at Cathedral High School. Student medical information should be updated annually during the online enrollment period. Any changes during the school year should be communicated to the nurse promptly. Parents/guardians are also responsible for keeping contact information up to date in case of student illness, injury, or emergency. Health information may be shared with school personnel on a need to know basis. Links to health forms, policies, and information may be found under the Health Guidelines tab on the Parent portal of Cathedral's website. Concussion

information and athletic forms may be found on the Athletics webpage under the Sports Medicine and Fitness tab.

Illness and Injuries

Students who become ill or injured during the school day should report to the Nurse's Office.

If a student is unable to remain at school, school personnel will contact the parent/guardian. Students are not permitted to call or text message a parent/guardian to arrange to go home ill prior to seeing the school nurse. The parent/guardian is responsible for picking up the student as soon as possible. A student may NOT drive or walk home unless parent/guardian permission is received. Students must attend school five (5) class periods in order to qualify for participation in an after school activity.

The nurse/trained designee will assess, treat, and recommend care based on current best practice guidelines. In the event of a serious injury or medical event (i.e. seizure, anaphylactic reaction, respiratory distress), the nurse or trained designee will activate basic emergency care procedures. Cathedral High School Parent/guardian will be notified immediately while emergency personnel are called to assist with care. The student will be transported to the nearest or preferred hospital as the condition indicates. If the injury/medical issue occurs on a field trip, the nearest medical facility will be utilized. In some instances, the student may be referred to the athletic trainer for the evaluation of certain injuries and if a concussion is suspected.

Exclusion from School

According to Indiana Code 20-34-3, if a student is ill, has a communicable disease, or is infested with parasites, the student should remain home until cleared by a physician. Cathedral High School has adopted the following guidelines in determining exclusions, restrictions, and control measures for students and their illnesses as set forth by the Centers for Disease Control and the Indiana State Department of Health.

1. *Fever*. A child with a contagious illness or fever should not be sent to school. Any student whose temperature is at or above 100.0 degrees F will be sent home from school. The student may return to school when he/she has been fever free for 24 hours without the aid of fever-reducing medication (temperature below 100.0).
2. *Pink Eye (Conjunctivitis)*. If diagnosed with bacterial conjunctivitis, the student cannot return to school until a full 24 hours of antibiotic therapy has been completed.
3. *Strep Throat Infections*. If diagnosed with strep throat, the student cannot return to school until a full 24 hours of antibiotic therapy has been completed.
4. *Ringworm*. Students may return to school when therapy has begun. Lesion must be covered at all times.
5. *Undiagnosed Rash*. A student will be sent home if the rash appears to have the characteristics of a potentially infectious illness (i.e. measles, strep), if fever is present, or at the discretion of the nurse.
6. *Chicken Pox*. A student may return to school when all vesicles are scabbed over and he/she is fever free for at least 24 hours without the aid of fever-reducing medication.
7. *Vomiting and/or Diarrhea*. A student may be sent home after vomiting/diarrhea with or without presence of a fever. Those students experiencing vomiting and/or diarrhea due to a chronic medical condition will be handled on a case by case basis.

8. *Skin Lesions.* Any student with an open wound must keep it covered during the school day and while participating in sports or any other extracurricular activity both on and off campus.
9. *MRSA (Methicillin-Resistant Staphylococcus aureus) Infections.* All skin lesions must be covered. The student must be under a physician's care with written permission to return to school.

Medication Guidelines and Policy

When it is necessary for your child to take medication at school, the following guidelines are in effect for your child's protection and are in compliance with Indiana Code 20-34-3:

1. *Transportation of medication.* Medication, both prescription and nonprescription, should be transported to and from the Nurse's Office by a parent or guardian. The school nurse or trained designee will administer medications to students. Students are not permitted to have any medication or drug in their possession (exceptions noted in next section).
2. *School Permission to Give Medication.* Parent/guardian permission plus a current prescription, pharmacy label on original container, or written doctor's statement indicating that the medication is to be taken during school hours is required. It will be the student's responsibility to come to the Nurse's Office to receive the medication at the designated time. If it becomes necessary to give a student medication that is not kept at school, a parent/guardian may make arrangements to come to school to administer the medicine to their student with the nurse's permission.
3. *Original Container.* ALL medication, prescription or nonprescription, should be in its original container. A prescription medication will already have the pharmacy label with the name of the student, name of medication, dosage, and time to administer. If a nonprescription medication is needed during school hours, the parent/guardian may discuss this with the nurse. The student's name should be clearly written on the nonprescription container.
4. *Termination of Medication.* If a medication is to be discontinued, the parent/guardian should notify the school nurse.
5. *Storage of Medications.* Medications are stored securely in the Nurse's Office.
6. *Narcotics.* No prescription narcotics will be administered during school hours. For safety reasons, students who require Cathedral High School narcotic medication to manage pain are asked to remain at home until the narcotic pain medication is discontinued.
7. *Over-the-Counter Medications.* With parent/guardian consent, Cathedral High School students may request over-the-counter (OTC) medications to be given on an "as needed" basis, following recommended dosing on the medication instruction label.
8. *Treatments.* These therapies may be used to treat minor illnesses and injuries and relieve discomfort: artificial tears/saline eye drops, contact solution, eye wash (buffered solution), Afrin nasal spray for prolonged nosebleeds, Anbesol, lip balm, Oragel, Chloraseptic throat spray, cough drops (menthol or pectin), antibiotic ointment, antiseptic wound cleanser, calamine gel or lotion, moisturizing lotion, peppermints, Tums, hydrocortisone 1% cream, Sting-Eze swabs, Vaseline, pulse oximetry, spacers for inhalers, peak flow meters, heating pads, cold packs.
9. *Field trips.* A designated Cathedral staff member supervising students during off campus for field trips, retreats, or other off-campus outings will assume responsibility for the health needs of the students in their care. If an activity is outside of the regular school day, the parent/guardian is responsible for communicating any medical needs to the supervising staff member.

10. *Allergic Reactions.* Diphenhydramine (Benadryl) and a school -issued EpiPen are available both in the Nurse's Office and the Front Office for severe or progressing allergic reactions or anaphylactic emergencies including but not limited to severe food allergies and insect bites in students (without parental consent), staff, and visitors. Diphenhydramine (Benadryl) may be given per label instructions for mild, severe, or progressing allergic reactions, to be repeated in 4-6 hours if necessary Epinephrine auto-injector (EpiPen or EpiPen Jr) based on weight/ label instructions may be administered for anaphylactic reactions. Students with known life-threatening allergies are expected to provide their own epinephrine auto-injector and diphenhydramine. An Allergy Action Plan should be on file in the Nurse's Office.

Possession and Self-Administration of Medication

Students are not permitted to carry or self-administer prescription or over-the-counter medication during school or on school-sponsored trips.

Exception: Per Indiana code 20-33-8-13, a student with a chronic disease or medical condition may possess and self-administer medication when the following conditions are met:

1. Parent/guardian has given permission for the student to carry and self-administer the prescribed medication. An Asthma, Allergy, or Diabetes plan should also be on file in the Nurse's Office.
2. A physician states in writing that the student has permission to carry and self-administer the prescribed medication for the student's acute or chronic medical concern. This must be updated annually.
3. The student understands the purpose of the medication, when to take the medication, and has been instructed on how to self administer the medication.
4. Medications that may be carried and self-administered by students include inhalers for asthma, diphenhydramine (i.e. Benadryl) or epinephrine auto-injector (i.e. EpiPen) for severe life threatening allergies, and/or diabetes management supplies and medications.
5. Diabetic students may carry all medication and supplies as permitted by Indiana code 20-34-5 and may store extra supplies, emergency glucagon, and insulin in the Nurse's Office as needed. Parents should provide the nurse with an individualized Diabetes Plan at the beginning of each school year and when changes are made. The Diabetes Plan should be signed by both the student's physician and the parent/guardian.

SCREENINGS

Sophomore students will have a hearing screening in accordance with Indiana mandates.

HEAD LICE

Head lice are a nuisance, but they do not spread disease and are not a health issue. If a student presents to the clinic with an active case of head lice, the school nurse will inform the parent of the active infestation. Information about head lice identification, treatment, and prevention may be provided. Parents/guardians have the primary responsibility of assisting in the prevention and management of head lice cases through regular checks of their children's hair and starting immediate treatment when head lice are detected. The need to exclude students from school will be 72 Cathedral High School determined on a case by case

basis. Our policy is supported by the Marion County Health Department, National Association of School Nurses, and the American Academy of Pediatrics.