

From: Tierra Antigua Elementary School Health Office

RE: Information For Students and Their Families

We are very much looking forward to meeting all the new students and their families!

Below is some information you may find helpful for the upcoming school year –

- Please make sure the Health Office receives a copy of up-to-date immunizations prior to your child's first day of school. It is NM State Law that all students be compliant with keeping their shots up-to-date.
- Notify the School Nurse and teacher of any significant health concern which could impact your child during the school day or of any routine care that needs to be provided, such as daily medication administration. New Doctor/PCP Orders need to be provided each school year if a medication is to be at school; the order must match the Rx label on the medication. All medications should be in their original containers, no zip-lock bags. Please check expiration dates on all meds. Prescription Medication Forms and OTC Medication Forms can be picked up in the Health Room or found on the APS website: www.aps.edu/nursing or by going to www.aps.edu and then to Departments/Nursing.
- Students are not allowed to carry medication during the school day, with the exception of emergency medication such as Albuterol Inhalers and Epi-Pens. OTC meds such as cough drops and Tylenol, etc. need to be kept in the Health Office. Families can complete a simple APS OTC Med Form to allow administration in the Health Room as needed.
- If your child has Asthma, please bring in an Albuterol Inhaler, Holding-Chamber/Spacer, and Doctor/PCP Orders/Asthma Action Plan (a new one is needed each school year). If your child is in a Before/After-School Program, make sure there is an inhaler to carry in their backpack as well.
- If your child has a severe food allergy, please bring in an Epi-Pen and Antihistamine Allergy Medication, along with Doctor/PCP Orders/Allergy Action Plan. An APS Special Diet Form (to alert cafeteria and APS Dietary of food allergy) is also required each school year.
- Please keep us updated with any new phone numbers, in case we need to contact you quickly if your child is sick or hurt.
- It is APS Nursing Policy that we call a parent with each student visit to the Health Room (except for minor reasons such as paper cut, spontaneous nose bleed that stops quickly, loss of baby tooth, or change of clothes). If you feel you are receiving too many phone calls, please talk with your child about reasons they should be going to the Health Room. Discuss/practice playground rules to prevent injury. For seasonal allergies, administer any medications your child may need BEFORE SCHOOL to help them make it through the school day. Let your child know that it is important that they be in class and learning as much as possible except in the event of a significant illness or injury.

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- To keep students as healthy as possible, please teach good hand washing skills at home, and it will be reinforced at school. If your child has a temperature of >100.3 degrees they can be contagious and it is APS Policy that they not return to school until they have been without fever for 24 hours, without the use of any fever-reducing medication. They may also return to school after being on prescribed antibiotics for at least 24 hours.
- NM State required screenings are completed each fall on Kindergarten students (as well as 1st and 3rd grade students). For Kindergarten this includes: vision, hearing, and dental. If your child does not pass the screening, you will be notified by a note home and/or phone call and a referral form will be sent home to take to your student's provider. If you decline to have your student screened, written notice will need to be provided to the Health Office annually.
- Restroom accidents can happen at all ages, but may be more frequent in Kindergarten. Please provide a change of clothing that is season/weather appropriate throughout the school year. It may be kept in the child's backpack or classroom. If the Health Room provides a clean change of clothing, please wash and return when you are able.

APS Sick Day Guidelines for Parents/Guardians

If your child becomes ill and doesn't feel well enough to take part in school, as parents or guardians, you should keep your child home until the symptoms improve. This also can help to prevent the spread of the illness to others at school. These are some of the examples of when your child should be kept home:

- Active vomiting
- Active diarrhea – three or more times in six hours
- The beginning of an airway infection (cold/cough/runny nose) This is especially important for those who are unable to manage their own body fluids
- Extreme tiredness and/or lack of appetite
- Fever with headache, body aches, earache, sore throat
- Undiagnosed or unknown rash (a rash that has not been seen or treated by a health care provider)
- Any of the above symptoms with fever or chills
- Untreated skin conditions
- If antibiotic treatment is needed, your child should remain home for the first full 24 hours of medication (e.g., if your child has three doses per day ordered, then three doses must be given before the child returns to school.
- If any symptoms change, worsen or don't get better please call your health care provider. Your child can return to school when he or she is well enough to take part in school and has had no fever for 24 hours without medication (acetaminophen, Tylenol®, etc.).
- When you have questions, please call your school nurse, school nurse practitioner, or health care provider for more information.

Wishing everyone a safe, happy, and healthy up-coming school year!

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