

STUDENT HEALTH SERVICES

To support health, safety and academic success, our district provides health services in partnership with Multnomah Education Service District.
Check with your school for the name and schedule of your school's nurse.



KEEP ALL HEALTH & EMERGENCY CONTACT INFORMATION CURRENT IN THE SCHOOL OFFICE:

- ♦ Phone, address, and emergency contact persons
- ♦ New and changing health conditions that may cause learning or safety concerns at school (*examples: diabetes, seizures, school anxiety, treatment affecting the immune system examples*)
- ♦ Occurrence of communicable disease (*examples: chickenpox, hepatitis A*)
- ♦ Updated immunizations

HEALTH INFORMATION IS SHARED ONLY WITH SCHOOL STAFF WHO NEED TO:

- ♦ Manage your child's needs at school
- ♦ Develop an individualized education or accommodation plan
- ♦ Parents may generally access their child's record and can request amendment if they believe the record is inaccurate, misleading or in violation of the child's rights of privacy.

INFORM THE SCHOOL IF YOUR CHILD NEEDS MORE THAN THIS FIRST AID RESPONSE FOR REACTIONS TO THESE HEALTH CONDITIONS:

- ♦ **Asthma /Life threatening allergy (to food, insect stings, etc.):** Stay with student through acute episode or for first 30 minutes after exposure or sting. Assist with provided and prescribed medication. Call 9-1-1 for shock/breathing difficulties.
- ♦ **Diabetes:** For low blood sugar, remain with student, give simple sugar and/or prescribed medication, repeat as needed. Call 9-1-1 if loss of consciousness or seizure.
- ♦ **Seizures:** Remain with student, assure safety, call 9-1-1 for seizure longer than 5 minutes or for breathing problems.

OREGON LAW REQUIRES:

- ♦ Current **immunization records** or medical or religious exemption on file at school. Forms are available in the school office. The 08-09 school year requirements can be found at <http://www.mesd.k12.or.us/shs/main/parentinfo/immu0809.pdf> Children not in compliance will be excluded (*3rd Wednesday in February*). Records may be provided to persons outside the enrolled district with written authorization and are transferred as part of the academic record.
- ♦ **Vision and hearing screenings:** Results are sent home. If you do not want your child included in these standard screenings, submit a written request each year to the school office.
Dental & Vision: Grades Pre-K, Kindergarten, 1, 3, 5, & 7
Hearing: Grades Pre-K, Kindergarten, & 1

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POLICY FOR SCHOOL MEDICATION ADMINISTRATION AT SCHOOL IS FOCUSED ON SAFETY:

- ♦ Ask your medical provider if the medication can be taken outside the school day.
- ♦ Students may not keep medication with them unless they have been identified as a self-manager, have written parent permission, and are cleared by the principal to do so.

For prescribed and over the counter medication parents **must**:

- Provide written permission (*forms available in school office*).
- Deliver all medication in person (*or with another responsible adult*) to the school office.
- Bring medication in original container, marked with child's name (*ask pharmacist for extra bottle for home & school use*).
- Ensure the school has adequate supply of medication.
- Pick up medication when no longer needed at school or at the end of the school year (*whichever comes first*). All medication not picked up by end of year will be destroyed.

KEEP CHILDREN HOME FOR:

- ♦ Fever greater than 100.5° Fahrenheit orally
- ♦ Undiagnosed rash, with or without fever
- ♦ Weeping or fluid filled skin sores or lesions
- ♦ Colored eye drainage
- ♦ Colored nose drainage with fever or feeling ill
- ♦ Vomiting (*in last 24 hours*)
- ♦ Diarrhea (*3 loose bowel movements in 1 day*)
- ♦ Cough (*persistent, deep, barking, causes colored mucous*)

THE SCHOOL'S REGISTERED NURSE CONNECTS HEALTH AND EDUCATION:

Hours vary. No appointment or special permission is needed for students to see the nurse. Services are at no cost. Parents are always included as appropriate. You can call the school office to contact the school nurse. The nurse may:

- ♦ Obtain information needed for school safety and success (*such as health history, medical diagnosis and treatment*) and:
 - Interview parents, students, school staff, or health care professionals
 - Evaluate questionnaire data
 - Analyze health records
 - Examine body areas (*examples: listen to the heart, feel the skin, look in the ears*)
- ♦ Assist, coordinate and oversee care of students with individualized physical and mental health needs.
- ♦ Train school staff to help with emergent and special health needs at school.
- ♦ Promote safety, growth and development, mental, emotional and physical wellness (*for individuals or groups, in activities as health screenings, special projects, or risk assessments*).
- ♦ Identify and access health resources, including free or low-cost health, vision, or dental care and child health insurance.
- ♦ Promote communicable disease prevention.

HEALTHY CHILDREN ARE BETTER LEARNERS.

All children need:

- ♦ 8 hours of sleep daily
- ♦ A healthy, well balanced diet
- ♦ Regular physical activity
- ♦ Support for good physical and mental health