



Hello!
Your child fell
off the
monkey bars!

EMERGENCIES

If your child is injured or sick, we want to reach you quickly!

We have two important requests for all parents/guardians (moms and dads):

1. **Save** your school nurse's [phone number](#) so her calls will not be flagged as **SPAM RISK** or go directly to **VOICEMAIL**.
2. **Add** several emergency contacts in [Skyward Family Access](#) who can **text or call** you, *even if they live out of town*.
3. Let us know if you are going **out of town** and who to contact if there is a need.

IMMUNIZATION RECORDS

Call your doctor to find out if your child's shots are up to date. Turn in your records ASAP. **You will not receive teacher or class schedule notifications and your child cannot start school until immunization records meet state requirements.**

ATTENDANCE/ABSENCES Doctor's note required within 2 days of returning to school for absences > 4 consecutive days.
Elementary School: Log in to the [SmartTag Parent Portal](#) to enter absences, late arrivals, & early pickups. *No phone calls.*
Middle & High School: Send an email to [School Attendance](#) or a written note when your child returns. *No phone calls.*

ILLNESSES—WHEN CAN MY CHILD RETURN TO SCHOOL?

- **FEVER:** When fever-free (< 100°F) for 24 hours without the use of fever-suppressing medication.
- **VOMITING:** When able to tolerate food without recurrent vomiting, typically 24 hours after the last episode.
- **DIARRHEA:** When diarrhea-free for 24 hours without the use of diarrhea-suppressing medication.
- **COMMON COLD:** When fever-free for 24 hours without the use of fever-suppressing medication.
- **STREP THROAT:** When on antibiotics for 24 hours and fever-free for 24 hours without fever-suppressing medication.
- **FLU & COVID-19:** When fever-free for 24 hours without the use of fever-suppressing medication.
- **PINK EYE:** A doctor's note is required or until symptom-free.
- **MEASLES, CHICKENPOX, WHOOPING COUGH:** If confirmed or suspected, please notify the school nurse immediately.
- **SEVERE CONGESTION & FATIGUE (fever-free for 24 hours):** When well enough to participate in a full day of learning.

MEDICATIONS

- **Elementary & middle school students may not self-carry medications except medications prior-authorized for asthma, anaphylaxis, & diabetes.** Parents must bring other over-the-counter and prescription medications to the school nurse.
- High school students may self-carry and self-administer over-the-counter (not prescription) medications. Exception: high school students are expected to self-carry and self-administer medications for asthma, anaphylaxis, & diabetes.
- A parent/guardian & physician must complete & sign an [EISD Physician & Parent Medication Authorization Form](#).
- A physician's signature is required for all over-the-counter and prescription medications.
- A parent/guardian may "opt in" (consent) to over-the-counter medications authorized by the Eanes ISD physician.
- Medications must be unexpired, in original containers, with medication name, dose, and instructions on the label.
- Do not bring medications in baggies. **Your pharmacist will label an extra prescription bottle for school if you ask.**
- The school nurse will pack your child's medications for field trips.
- **Unclaimed medications will be disposed of on the last day of school as required by state law. Set a reminder.**

HEALTH CONDITIONS Asthma, Anaphylaxis, Diabetes, Seizures, Heart conditions, Cystic Fibrosis, Celiac, Eczema, etc.

- Notify the school nurse if your child has a chronic health condition or any significant medical or surgical history.
- Ask your healthcare provider to sign a care plan for [Asthma](#), [Diabetes](#), [Seizures](#), and/or [Anaphylaxis](#) **every summer**.
- Bring medications & care plans for [Asthma](#), [Diabetes](#), [Seizures](#), [Anaphylaxis](#) to the nurse before the first day of school.

DIETARY RESTRICTIONS Food Allergies, Celiac, Metabolic Disorders, Food Intolerances, Religious Accommodations, etc.

- To request dietary restrictions, a **parent** must complete an [EISD Dietary Restriction & Allergy Form](#) after July 31.
- Please contact EISD Dietician [Charlotte Hachenberg](#) if you have any questions. Phone: 512-732-9060 ext. 20551

PE EXCUSES Contact the [school nurse](#) to request a PE excuse. A **doctor's note** is required if a student will miss > 3 days.