

First Day of School Letter from the School Nurse

Important! Please Read Thoroughly!

Welcome (and Welcome Back!) to Foxcroft Academy School Year 2024-2025!

You will be receiving School Health Forms, Permission to Administer Over the Counter Medication/Prescription Medication Consent Forms as we enter into a new school year. Please complete these and return them to the school. I look forward to working with you and your student(s) to manage any acute or ongoing health concerns. It is especially helpful to have current phone numbers and to be aware of any health related issues that may impact your student's ability to learn, attend class regularly, or to get about the building safely.

Prescription medications: Will your child be requiring any daily or as needed prescription medications while at school? We must have an Authorization for Medication at School form on file with the school. For prescription medications, please be sure that we have both your signature and your healthcare provider's signature on the form before turning it in. If your student has a life threatening condition (asthma, food allergy, seizures, etc.) your student must carry their Epi-Pens/inhalers on their person as well as provide a back-up supply to store in the nurse's office in case of emergency. Also students with diabetes, please see the nurse to update any new plans for the school year.

Please complete the **Over the Counter Medication** consent form if you permit your student to receive over the counter medications as listed on the form. (ie Tums, Tylenol, Ibuprofen, etc)

Immunizations: Immunizations are important to keep all of our students safe and healthy. Moreover, they are required for continued attendance at school. Please check with your Health Care Provider to be sure your child is up-to-date on Immunizations. The most common missed vaccine is the Meningococcal Vaccine where a second dose is due at age 16 and is required prior to entry into senior year. Please assist in being proactive in ensuring your child meets the state requirements to attend school.

Influenza Vaccine Clinic: This year Katahdin Valley Health Center will join with our Health Center to provide an influenza vaccine clinic. Registration and consent forms will be sent in September and the clinic will take place in October, date to be determined. Insurance information will be collected but there will be no cost for students under 18 years old. This is also an opportunity for your student to receive other vaccines if requested in advance.

Vision Screening: Vision screenings are completed annually for all freshmen. If your student does not pass the vision screening, you will receive a referral form for follow up with an optometrist.

Is My Child Too Sick To Go To School? Students should remain home if they are experiencing active vomiting, diarrhea, fever of 100.4 degrees Fahrenheit or higher and should remain home until they are fever free for 24 hours without the use of fever-reducing medications such as Tylenol, Ibuprofen, or "Cold and Flu" medications. Students should also remain home with vomiting and diarrhea until they have resolved for 24 hours.

Covid tests are no longer available from the nurse's office. We will follow CDC guidelines regarding covid which are to be fever free for 24 hours with symptoms improving. This is subject to change as the guidelines change.

Feel free to contact me if you have questions or concerns.

Stephanie Dankert, RN

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