

# Hawk Health News

September, 2024



## Health Protocol Review

*Topic: New School Wellness Policy*

{Link to Policy: <https://www.hellgate.k12.mt.us/departments/health-services/wellness-policy>}

Hellgate Elementary hosts an annual wellness meeting in February. We conduct a review of the school policy, discuss events that promote wellness and strategize areas of improvement. Members of the public and school staff are welcome to attend these meetings. Be on the look out for notifications regarding a meeting time and place this February.

## Air Quality

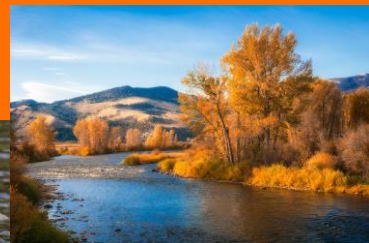
{Link to Air Quality Tracker: <https://www.airnow.gov/?reportingArea=Missoula&stateCode=MT>}

August and September can be smoky months due to nearby or far away wildfires. The school nurse monitors air quality closely during these months to determine if it is healthy and safe enough for our students to be outside. When air quality reaches “Unhealthy for Sensitive Groups” levels, the school nurse will send out a warning to all employees. Students with health conditions such as Asthma are recommended to stay inside. Teachers are encouraged to look for signs of respiratory distress and report any concerns to the nurse for further evaluation. When the air quality reaches “Unhealthy” levels students will not be allowed outside for recess. This does not happen often but when it does staff will host students for inside recess and provide fun alternative activities. We want our students to engage in outside play but there could be times when it is neither safe or healthy. The school nurse will closely monitor air quality changes, and notify building administrators when it is again safe for students to return to outside recess.

## Outdoor Corner!

Get Outside!

- Hunting Season is here
- Brown Trout are beginning to spawn
- Leaves are turning colors



## IMPORTANT REMINDERS

*Incoming 7th graders need to have a tdap booster immunization! If we do not receive updated immunization records, a religious exemption, medical exemption, or temporary exemption form from a provider students will be unable to attend school starting September 3<sup>rd</sup> 2024.*

*We have new AEDs on campus! Saint Patrick's Hospital graciously donated 2 new AEDs for us to have in our building 3 and 4 gymnasiums! Locate them the next time you are in those buildings so you know where to get them in case of an emergency!*

*Hearing Screening for incoming kindergarten students*

# Medication AT SCHOOL



## Prescription Medication

IF a student must take or receive prescription medication (excluding Emergency Asthma Reliever medications and EpiPens) while on school property or during district-sponsored events, please ensure the following is completed:

- A [Medication Permission Form](#) filled out by a healthcare provider **and** signed by a parent/guardian is brought to the school office.
  - A new form is needed each new school year and for all changes in medication, dose or time. The medication must be brought to the school office by a parent/guardian or responsible adult.
- Prescription medications must be in a labeled prescription container with specific instructions.

Students are not allowed to take their own medication without physician and parent/guardian consent and approval by the school.

## Non-Prescription medication

IF a student must take or receive non-prescription medication while on school property or during district-sponsored events, please ensure the following is completed:

- A [Non Prescription Medication Form](#) must be filled out **and** signed by a parent/guardian is brought to the school office.
  - A new form is needed each new school year and for all changes in medication, dose or time. The medication must be brought to the school office by a parent/guardian or responsible adult.
- Students are not permitted to carry medication on the school buses or the school grounds. Under extenuating circumstances, there may be exceptions. This is for the safety of all students.
- Over-the-counter medications must be in the original container.

Students are not allowed to take their own medication without physician and parent/guardian consent and approval by the school.

## Sports Physicals:

- If your child plans to participate in a school sponsored activity, a sports physical must be completed.
- A physical copy of sports physical forms will no longer be sent home with students. Follow this [link](#) to our website so that you can print your own copy.
- Documentation of sports physicals can be turned into your child's building front office.
- Without a sports physical, your child will not be allowed to participate.
- Hellgate fall activities include: Girls Volleyball, Coed Soccer, Coed flag football, Coed cross country, Boys basketball (starts Oct. 14<sup>th</sup>) and Robotics.

