

HEALTHFUL HINTS FROM YOUR SCHOOL NURSE

Welcome to the 2025-2026 school year. The school nurses want to share a few reminders to help everyone have a great start to the school year. We look forward to working together so that your child/children feel & do their best.

Parent/ Guardian Information

Please make sure there are at least 2 Emergency Contacts present in FinalForms. If there is a medical emergency, it is extremely important that we have the fastest way to contact you or your child's emergency contact.

Medications

If your child needs to take medication while at school, a Student Medication Form MUST be completed and signed by the prescribing physician. This policy applies to prescribed AND over-the-counter medications NOT covered by the District Over the Counter Permission Policy found in Final Forms. If you have questions, please feel free to reach out to us. Prescription medication forms can be found on the NELSD website or in the clinic office. Medications MUST be in the original container, labeled correctly, match the current orders, and be delivered to the school by a parent/ guardian. **Please do not send medications with your child.**

Illness/ Injury:

To prevent the further spread of illnesses and make learning an enjoyable environment for everyone, any student who presents with a temperature of 100* or higher, vomits more than once or has another symptom, diarrhea (3 or more loose stools in 24 hours), conjunctivitis symptoms (pink eye), uncontrollable coughing, or other signs and symptoms of possible communicable diseases **will be sent home**. Please keep students home until they remain symptom-free for 24 hours without the aid of medication.

Miscellaneous

Students who have lice will be excluded from school until they are free of live lice. Parents are encouraged to examine their child weekly for evidence of lice. However, according to the CDC, while head lice can be a nuisance, it is important to remember they have not been shown to spread disease. Personal hygiene or cleanliness in the home or school has nothing to do with getting head lice.

It may also be helpful to have your child keep a change of clothes at school, in their locker or book bag. It's not unusual for a student to need to go home for a change of clothes, & we do not store extra clothes at school. If clothing is unable to be found for a student, a parent or guardian will be contacted to bring clothes.

Thank you for your understanding and help with these items. By working together, we will all have a great year! If you have any questions, please feel free to contact your child's school nurse.