

# Healthy Together

A Quarterly Publication of the Athens City School District Health Team



## Welcome Back to School!



We know families are being bombarded with back-to-school information right now, so we're putting all of the medical info here to

make it easy to access. Please reach out to us with any questions, or if there's anything we can do to take good care of you child at school. We are here to help!

## Medical Issues at School

If your student takes medication at school, or self-carries an inhaler/epinephrine, we need these forms filled out each new school year:

- [NON-Prescription Medication Form](#)
- [Prescription Medication Form](#)

If your child has allergies, asthma, or seizures, we need these forms filled out each new school year:

- [ALLERGY Emergency Care Plan](#)
- [ASTHMA Emergency Care Plan](#)
- [SEIZURE Emergency Care Plan](#)

If your child has a serious medical condition, such as diabetes, seizures, or other issues that need attention at school, please be sure to contact the nurses **asap**, so we have ample time to plan their care.

## Immunization Information

[Immunization Summary for School](#)



## Keep Up to Date!

### Health Screenings

Every year, the health team does vision and hearing screenings for grades preK, K, 1, 3, 5, 7, 9 and 11.



- If you wish to opt your child out of health screenings, you must alert the nurses each new school year in writing.
- Dental screenings might also be offered – your child's school will let you know if that's an option.
- We no longer offer scoliosis screenings. Please check in with your care provider with concerns.

### Immunizations – Double check!



Per ODH requirements, students must be up-to-date on immunizations by the 15th day of school or they risk exclusion. This is especially important for students in kindergarten and 7th and 12th grades, and students who are new to the district.

Many parents forget to turn in updated records, and clinics/medical offices do not automatically send them to the school. So, please ensure that your child's school has the most current immunization record.

### Which Nurse Serves Your School?

- Athens High School – Molly Wales
- Athens Middle School – Molly Wales
- The Plains Intermediate – Molly Wales
- East Elementary – Heidi Shaw
- Morrison-Gordon Elementary – Heidi Shaw

Heidi Shaw RN & Molly Wales RN, Licensed School Nurses, Athens City School District

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### Back to SCHOOL 9 CDC HEALTH HACKS FOR BACK-TO-SCHOOL SUCCESS

- Wash Your Hands** (Illustration of hands being washed)
- Get Vaccinated** (Illustration of a hand holding a syringe)
- Eat Well and Be Active** (Illustration of a person running and eating an apple)
- Limit Sugary Drinks** (Illustration of a juice box and a soda can)
- Don't Use E-cigarettes** (Illustration of an e-cigarette)
- Stay Cool** (Illustration of a person wearing a hat and sunglasses)
- Plan for Emergencies** (Illustration of a person with a first aid kit, a car, and a lightning bolt)
- Stay Safe** (Illustration of a person climbing a ladder and another person on a slide)

Connect with Kids at School and Home

## STAY HEALTHY

### Back to School Healthy Ways to Stay Fit

- Eat Breakfast**  
You may be rushed in the morning, but breakfast helps increase your concentration, energy, and test grades.
- Stay Active**  
Make sure to get at least 60 minutes of physical activity a day to help maintain a healthy weight.
- Get Outside**  
Limit screen time to no more than 2 hours a day to help lower anxiety, attention problems, and risk of obesity.
- Drink Water**  
Drinking water, instead of sugary drinks, helps almost every part of the body work at its maximum ability.

PENNSSTATE HERSHEY PRO Wellness Center  
www.pennstatehershey.org/prowellness

Sources: <http://www.fns.usda.gov/healthierschoolday>, [http://www.jhsph.edu/offices-and-services/student-affairs/\\_documents/breakfast](http://www.jhsph.edu/offices-and-services/student-affairs/_documents/breakfast), <http://www.letsmove.gov/get-active>, <http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000355.htm>, <http://water.epa.gov/infrastructure/drinkingwater/schools/>

## STAYING HOME FROM SCHOOL

| Your child should stay home when they have ...                                                    |                                        |                                        |                                                                      |                                                                                                     |                                                                          |                                                           |
|---------------------------------------------------------------------------------------------------|----------------------------------------|----------------------------------------|----------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|-----------------------------------------------------------|
| <b>A FEVER</b>                                                                                    | <b>VOMITING</b>                        | <b>DIARRHEA</b>                        | <b>A RASH</b>                                                        | <b>HEAD LICE</b>                                                                                    | <b>EYE INFECTION</b>                                                     | <b>HOPITAL STAY</b>                                       |
|                                                                                                   |                                        |                                        |                                                                      |                                                                                                     |                                                                          |                                                           |
| Temperature of 100° F or higher                                                                   | Within the past 24 hours               | Within the past 24 hours               | Rash anywhere on the body                                            | Any lice or nits (lice eggs)                                                                        | Redness, itching, and/or pus draining from eye                           | Had a hospital stay and/or ER visit                       |
| Your child can come back to school when ...                                                       |                                        |                                        |                                                                      |                                                                                                     |                                                                          |                                                           |
| Fever free without the assistance of medication for <b>24 hours</b> (i.e. Tylenol, Motrin, Advil) | Free from vomiting for <b>24 hours</b> | Free from diarrhea for <b>24 hours</b> | Free from rash and/or have been evaluated by their doctor if needed. | Treat at home and contact the nurses. Student must be cleared by a nurse before returning to school | Free from drainage and/or have been evaluated by their doctor if needed. | Their medical provider has okayed their return to school. |

If your child has strep throat or another bacterial infection, they should stay home until the antibiotic has been given for at least 24 hours and your health care provider has given permission for them to return to school.

**DO NOT send your child to school for the nurse to determine if they are well enough to attend. If you have any doubt, keep your child at home and check with your family physician.**