

Health Room

The school health room is open to all students during school day hours and is staffed by a Registered Nurse. It is in the school's administrative area of each school building. Services available may include minimal physical assessment in the event of acute illness, chronic and specialized health care maintenance, first aid, and information and education about health care issues of student interest. ALL medications must go through the health room. You will be notified by the school nurse if your child is ill or has an injury that requires further treatment or follow-up. If you cannot be reached, the next emergency contact listed will be called.

Health Information Form

The health information form is completed by the parent or guardian at the beginning of each school year. This information is essential in helping the nurse prepare and take the best care of your child during the school day. Please note all your child's health conditions on the form and return to the school as soon as possible. Please notify the school nurse if your child has chronic health conditions for an individualized health care plan to be initiated. Physician documentation is required if a health plan is deemed necessary ([Diabetes/Seizures](#)). If your contact information on this form changes at any time during the school year, please update the school front office staff as soon as possible.

Student Medications during the school day

To ensure the health and well-being of all students, please read the '[ACS policy on administering medications](#)' to students by school personnel. If your child requires any medication during the school day (including over-the-counter medication) you may do one of the following:

1. You or a designee may come to your child's school and administer the medication yourself to your child at the appropriate time.
2. OR, If the medication is needed daily at school and you are unable to physically come and administer your child's medication yourself,
 - a. You must obtain a '[Parent Consent/Physician Consent Form](#)' from the school. This form must be completed and signed by your child's Primary Care Provider indicating medication, dose, time to be given and any potential side effects. Any change to the prescription requires a new Physician Consent form.

b. All medication(s) must be in the original, pharmacy-labeled prescription bottle or in the original, unopened manufacturer's (over the counter) container and signed-in with the school nurse/designee during regular school hours. The medication will be counted/measured and documented on the medication check-in/check-out log. If other arrangements for transporting medication must be made, they must be approved in advance by the school nurse and the principal.

*****TEACHERS CANNOT ACCEPT MEDICATIONS*****

*****DO NOT SEND MEDICATIONS WITH THE STUDENT TO SCHOOL*****

*****MEDICATIONS WILL NOT BE ACCEPTED UNLESS IT IS IN THE ORIGINAL CONTAINER AND PROPERLY LABELED*****

- c. No self-carry medications will be permitted, apart from emergency medications (rescue inhalers, epi-pen, diabetic emergency medication, seizure emergency medication).

Emergency medication will be kept with the individual student based on his/her ability to self-carry and his/her knowledge of their medical condition. Otherwise, it will be kept with their teacher.

Health Room Rules

1. In the event of acute illness while at school, students may rest in the health room for a maximum of 30 minutes and then return to class, if appropriate. The nurse will make any necessary parent contacts. If the nurse determines a student cannot remain at school, that student must be picked up from school within 30 minutes of notification.
2. Communication between the nurse and student is confidential. However, if a student mentions being harmed by another person, wanting to harm his/herself, or wanting to harm another person, that information is required to be reported.
3. The Health Room telephone is for staff use only.
4. When the Health Room nurse/designee is not present, students should not enter or stay in the Health Room unattended and should ask school administrative staff for assistance.

Immunizations

[NC Law](#) requires all students in grades K-12 to have a completed immunization record or medical/religious exemption on file. The completed immunization record must be turned into the school within 30 days of entering a NC public school for the first time. A "Request for School Health Record Information" letter will be sent home with the student if any immunizations are found to be incomplete. Students must have their immunizations up to date to continue school. Other specific immunization information may be found on the [Health Services](#) page of the ACS website.

Vaccine	Kindergarten	7 th Grade	12 th Grade
DTaP	5 doses	5 doses	5 doses
Polio	4 doses	4 doses	4 doses
MMR	2 doses	2 doses	2 doses
Varicella	2 doses	2 doses	2 doses
Hib	4 doses	4 doses	4 doses
Hepatitis B	3 doses	3 doses	3 doses
Pneumococcal Conjugate (PVC)	4 doses	4 doses	4 doses
Tdap		1 dose	1 dose
Meningococcal Conjugate		1 dose	2 doses

Health Screenings

Throughout the school year, children will be screened to ensure they can see and hear properly. The students may also be screened for, and educated about dental hygiene. The following schedule applies to screenings your child may receive throughout the school year:

- Vision: Initially for Pre-K, Kindergarten, 1st, 3rd, 5th, 7th, and 9th

Lions Club beginning 2025-2026 will offer for students in K-6 the NC Lions KidSight Program. The screening is free and uses state of the art technology that is 85-90% effective in detecting the vision problems that could lead to vision loss. The screening equipment used in the screening may determine the presence of eye disorders including far and near sightedness, astigmatism, anisometropia (difference in prescription between eyes), strabismus (eye turn), and anisocoria (unequal pupil size). The screening

process is conducted at approximately a distance of three feet from the student. There is no physical contact with your child and no eye drops will be administered. If a referral is recommended you will be notified. This screening does not substitute a full eye exam from ophthalmologist or optometrist. For additional information please call 1-800-662-7401 ext. 241

o Colorblindness screening for boys in kindergarten

- Hearing: Initially for Pre-K, Kindergarten, once in elementary, once in middle school and once in high school.
- Dental: Will be conducted as per the Registered Dental Hygienist with the NC Oral Health Section.
- Additional Screening could be completed on all students including but not limited to:
1) New to school, 2) In Exceptional Children's Program, 3) Failure of a screening during the previous year, 4) Academic difficulties/referral to School Assistance Team, 5) Student who presents with complaints, 6) Teacher referral 7) Parent request

Communicable Illness

Children need to come to school healthy and ready to learn. Below are a few guidelines ACS asks you to follow concerning your child's health. These guidelines are in place to prevent the spread of illness and infections. If you are in doubt about sending your child to school due to illness, keep your child at home and consult your child's primary care physician.

Fever: If a child's temperature is 100 degrees or greater, he/she should remain home until he/she has been without fever (without the use of fever reducing medications) for a full 24 hours. Remember that fever is a symptom indicating the presence of an illness.

Flu: Symptoms include abrupt onset of fever, chills, headache, and sore muscles. Runny nose, sore throat, and cough are common. Your child should remain home from school until symptoms are improving and the child is without fever for a full 24 hours (without the use of fever reducing medications).

COVID: Symptoms include fever/chills, cough, shortness of breath, fatigue, muscle/body aches, headache, loss of taste and/or smell, sore throat, congestion/runny nose, nausea/vomiting or diarrhea. Your child should remain home from school and follow the current guidance for COVID and consult with your child's medical provider.

Head Lice: Lice are small grayish-tan, wingless insects that lay eggs called nits. Nits firmly attach to the hair shaft, close to the scalp. Nits are much easier to see and detect than lice are. They are small white specks, which are usually found at the nape of the neck and behind the ears.

- Children found with live head lice should remain in class, but be discouraged from close direct head contact with others. The school nurse should contact the parents to discuss treating the child at the conclusion of the school day (Frankowski & Bocchini, 2010.) Students with nits only should not be excluded from school (American School Health Association, 2005, Frankowski & Bocchini, 2010, Pollack, Kiszewski & Spielman 2000), although further monitoring for sign of re-infestation is appropriate.

In some cases over the counter treatments fail to eliminate live lice. Your child's physician may then order a prescription for the treatment of head lice.

Pinkeye: Pinkeye is characterized by redness and swelling of the membranes of the eye with burning or itching, discharge coming from one or both eyes, or hardened discharge on the eyelids. Your child should remain home from school until receiving full 24 hours of antibiotic therapy.

Strep Throat: This normally begins with a fever, sore and red throat, pus spots on the back of throat, and tender, swollen glands of the neck. High fever, nausea and vomiting may occur. Your child should remain home from school until receiving 24 hours of antibiotic therapy and is without fever (without the use of fever reducing medications) and without vomiting for 24 hours.

Vomiting and Diarrhea: This is characterized by a stomach ache, cramping, nausea, vomiting, and/or diarrhea, possible fever, headache, and body aches. Your child should remain at home until the symptoms have stopped for a full 24 hours. If your child has had any of these symptoms during the night, he/she should not be sent to school the following day.

These guidelines are in place to prevent spread of illness and infections.