Montpelier Exempted Village Schools

Health and Nursing Services

Caitlyn Freese, RN MSN

School Health Office: 419-485-6707
E-mail: cfreese@montpelier-k12.org

Confidentiality Statement

In accordance with the Family Educational Rights and Privacy Act (FERPA) and the Health Insurance Portability and Accountability Act (HIPAA), health information is only shared with staff members directly involved in your child's education who may need to know this information to maintain his/her health and safety.

Our goal is to promote and support your child's health so they can achieve success in their education. If you have questions, please feel free to reach out to the school nurse.

Reporting Absences

In the event of an illness, parents are required to call the school by 8:30a.m. If the student has a doctor's note for their absence, please send that note into school within 5 days of the absence.

Phone number to call for absences: 419-485-6700 option #1
Elementary Office: option #2
JH Office: option #3
HS Office: **option #4**

When calling in the absence, parents should include the following information:

- Full Name of Child
- Parent Name
- Date of absence
- Reason for absence-please include symptoms for illness so we can track illnesses in the building.

Is my child too sick for school?

If your child has any of the following symptoms, please DO NOT send them to school. These symptoms would indicate a possible illness that may decrease their ability to learn and also put them at risk for spreading illness to others.

- Temperature of 100 degrees Fahrenheit or higher.
- New uncontrolled cough that may cause difficulty breathing (for students with chronic allergic/asthmatic cough, a change in their cough from baseline)
- Diarrhea, Vomiting, or new onset abdominal pain
- New onset of severe headache, especially with fever

If you do question whether to send a child to school, please don't hesitate to reach out to the school nurse. The nurse would also be happy to check on your child during the day at school. This tends to work better than telling them if they don't feel well, you will pick them up. Children can become determined to be sent home; therefore, not being very productive in the classroom.

If your student has the following symptoms, please have your child stay home until symptoms improve and they have met these criteria:
Diarrhea-Your child needs to be FREE OF DIARRHEA before returning to school.
Vomiting-Your child should be able to keep down 2 meals without vomiting before returning to school.
Fever-Your child needs to be FEVER FREE (less than 100 F), WITHOUT fever-reducing medications for 24 hours.
Strep Throat-Your child can return to school after 12 hours of antibiotics and FEVER FREE (less than 100F), WITHOUT fever-reducing medications for 24 hours.

Eye and Skin Conditions

Conjunctivitis (pink eye)-Your child may return to school after 24 hours of medication.
Lice-Your child may return to school as long as there are no live lice bugs in the student's hair.
Impetigo-Your child may return to school after 24 hours of treatment.
Rashes-Your child's healthcare provider should be consulted before returning to school with a suspicious rash.

Covid Concerns

Montpelier Exempted Village School district follows the recommendations of the Centers for Disease Control and Prevention (CDC) regarding isolation and masking requirements for those diagnosed with and/or in contact with an individual that has been diagnosed with Covid-19. Feel free to contact the school nurse with questions regarding current isolation or return to school requirements.
CDC guidelines for isolation and returning to school may also be found at:
https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html

Illness at School

In the event a student complains of being ill at school, the nurse will evaluate your child and determine if your child should be sent home at that time. If your student needs to be sent home, parents or appointed emergency contacts will be contacted. **Please ensure that all emergency contact information is up to date and accurate in Final Forms**. Students should not contact parents or guardians to be picked up prior to seeing the nurse. Children will only be released to parents/guardians or the designated contacts on a student's emergency contact list.

Emergency Medical Information

At the beginning of the school year, and when enrolling a new student, parents/guardians are required to provide current emergency contact/medical information. Please list local people, if possible, to be contacted if parents cannot be reached in an emergency. In addition, **please keep your child's medication, allergy, and health history up to date.** In the event of an emergency, this information can be vital to health and emergency personnel.

Food Restrictions/Allergies

We are not able to substitute food based on a child's preferences, but the child has the option to utilize the pizza line or to pack their lunch and bring it to school. Lunch menus are available online and in the school office.
If your child requires special dietary needs due to a medical condition or an allergy, please provide a note from a healthcare provider and contact the school nurse to set up an action plan.
If your student has a lactose allergy and requires a milk substitute for lunch, please provide the school with a note from your child's healthcare provider stating that.

Students with severe allergies requiring the use of an EpiPen or equivalent should contact the nurse to set up an action plan and an EpiPen must be provided to the school in case of an emergency.

Gym/Recess Restrictions

In the event your child has an injury or an illness that limits or inhibits participation in gym or recess, **a written note from the treating healthcare provider** needs to be on file in the office stating the reason for restrictions and length of time the restriction is needed.

Lice

What is Head Lice?

Head lice are most commonly found in children ages 3-12. It is not a sign of uncleanliness and does not transmit disease. Lice are usually acquired by direct head to head contact with a person's hair that has live lice. It is less likely to come from personal items like hats, combs or brushes. Schools are not a common source for the spread of head lice. A child with active head lice has likely had the infestation for a month or more at the time it is discovered.

What to look for:

- Persistent itching or tickling of the scalp. You may notice raw areas or scratch marks on your child's scalp or nape of their neck.
- Louse/Lice-is an insect the size of a sesame seed and usually pale gray in color. It can crawl fast, but it cannot jump or fly. A louse lives on the human head (not on pets). Survival off of the scalp beyond 48 hours is extremely unlikely.
- Nits-these are tiny eggs that firmly attach to the hair, close to the scalp with a "glue-like" substance that makes nits very difficult to remove. They are white, silvery or light brown in color. A nit cannot be brushed from the hair. It can be removed only by pulling it down the entire length of the hair shaft. Be especially diligent about checking the hair at the nape of the neck, the crown and above the ears.

What is Montpelier Exempted Village Schools Head Lice Policy?

Whenever a student is found to have live lice bugs in their hair, his/her parent/guardian will be notified and requested to pick the child up immediately. When the parent picks up his/her child, the parent will be informed that the student needs to be treated before he/she returns. The student can and should return to school after the initial treatment is given. No more than one day of school should be missed. Upon returning to school, the school

nurse will check the student's head for live lice, if no live lice bugs are found, the student can remain in school. The school nurse will continue to monitor the student for lice until there isn't any evidence of lice activity.

Treatment of Head Lice

1. Use a lice-killing shampoo. Lice shampoo can be purchased over the counter at your local store, or a prescription can be prescribed through your healthcare provider. Follow the directions on the shampoo box. (Be sure to check everyone living in your household.)
2. Remove the nits (lice eggs). **This is the most important step.** A lice comb usually comes with the shampoo, but rarely removes all of the nits. You will have to use your fingers to pull the nit down the entire length of the hair shaft. This is a tedious process but it is important. If the nits are not removed you risk the chance that those nits will hatch and your child will be infested again. Continue to examine your child's hair (and all those affected in your household) for **2 weeks** to make certain that no new nits appear. Paying close attention to the nape of the neck, crown, and the area above the ears. If you continue to find dark brown nits that are close to the scalp then you have not eliminated the problem.
3. Clean the home environment. Wash family bed linens, towels, and clothing (in hot water) including hats, coats, and scarves that have been recently worn. Dry those articles in the dryer on high heat for at least 20 minutes. Anything that cannot be washed (ex: stuffed animals), should be put in a garbage bag and sealed tightly for at least 2 weeks. All carpeting and furniture (including inside vehicles) should be vacuumed thoroughly. Combs and brushes should be soaked in hot water (150 degrees) for 5-10 minutes.

Follow up: Check everyone's hair daily for 2 weeks. After 2 weeks if there are still nits or lice, you will need to repeat the process.

Health Screenings

The Ohio Department of Health maintains and monitors health screening guidelines.
Montpelier Schools has the following screening schedule:

Preschool-Hearing and Vision
Kindergarten and KinderKlub-Hearing and Vision
1st Grade-Hearing and Vision
3rd Grade-Hearing and Vision
5th Grade-Hearing and Vision
7th Grade-Vision
9th Grade-Hearing and Vision
11th Grade-Hearing and Vision
Students new to the District-Hearing and Vision

Additional screenings may also be done at the request of your child's teacher if they have concerns with how your child hears or sees. If your child fails in any screening area, a re-screen may be conducted. If they do not pass, a referral letter will be sent home for your child to have a complete exam done by a licensed healthcare provider.

Parents/guardians may choose to opt out of screenings. If you would like your student to not participate in screenings, please contact the school nurse and complete the opt out form.

Medications at School

If your child will need medications at school, the medication request authorization form will need to be completed prior to any medications being administered. This form can be found in the office or downloaded from the school website. A parent/guardian and healthcare provider (prescription medications only) needs to fill out the medication authorization form and bring it to the school with the medication. Per state law, medications cannot be given in school without the properly completed medication form. **Medications are not able to be administered until this form is received.** This form must be completed every year.
PLEASE NOTE: MEDICATIONS SHOULD NOT BE SENT TO SCHOOL WITH A STUDENT.

<u>If your student needs to take non-prescription medication in school</u>-A parent will need to complete the Medication Request Authorization form. You may skip the top healthcare provider section. **Adult and children's strength acetaminophen, ibuprofen and diphenhydramine are the only stock medications kept in the clinic.** All other medications will need to be provided to the school and labeled with the student's name.

<u>If your student needs to take prescription medications in school</u>-The medication request authorization form will need to be completed by the healthcare provider and by a parent/guardian. You may return the form to the school or have the healthcare provider's office fax it to the school.

- All medications must be in the **correctly labeled, original bottle**. Medications sent in a baggie, envelope, or plastic container, other than a pill bottle, will not be accepted. Your pharmacy is able to split the prescription into 2 labeled bottles, if requested by the parent/guardian.
- Medications **<u>MAY NOT</u>** be sent to school with the student. They should be brought into school by the parent or guardian.
- No medication of any kind will be allowed on the school buses with the exception of emergency medications; Insulin, Inhalers, EpiPens.
- Emergency medications, as noted above, can be carried by the student, unless it is felt that the student is not mature enough or responsible enough to take the medication without supervision.
- All medications will be stored in the clinic. The student will report to the clinic to take the medication. Exceptions might be made in contained classroom situations and self-carry medications listed above.

Cough drops, Triple Antibiotic Ointment, Tums, Orajel and saline eye solution are available in the clinic that are administered based on nurse discretion. Please notify the school nurse if your child has an allergy or contraindication to these medications.

Immunizations

All Montpelier Exempted Village School students must comply with the immunization requirement, as written by the Ohio Department of Health, by the 15th day of the calendar school year or the student will be excluded from attending class.

Immunizations Required for Ohio Students

DTap, DPT or DT	Must have 5. (only 4 are needed if the 4th was given after the 4th birthday)
Polio	Must have 4. (only 3 are needed if the 3rd was given after the 4th birthday)
MMR	Must have 2.
Hepatitis B	Must have 3. (3rd must be given at 6 months of age or older)
Varicella	Must have 2.
Tdap Booster	Required for all students in 7th grade.
MCV4 (Meningococcal)	Must have 2. (administered in 7th and 12th grade, unless the first dose was given after 16 years old, then only 1 dose is needed).

****All KinderKlub/Kindergarten** students need to have Kindergarten booster vaccines

- DTap, Polio, MMR and Varicella

****All 7th Grade** students need to have a Tdap booster and meningococcal conjugate vaccine (MCV4)
****All 12th Grade** students need to have a meningococcal conjugate vaccine (MCV4)

All new students must provide proof of age appropriate immunizations.

As vaccines are given to your students, please send an updated vaccine record to the school. If your child is behind on immunizations or needs immunizations, you can reach out to your healthcare provider or the health department to get those scheduled.

If you have chosen to not vaccinate your student for religious, ethical or medical reasons, an immunization waiver form must be completed and filed in the school office as soon as possible. The State of Ohio and Montpelier Exempted Village Schools will honor these objections; however, you must understand that your child may **immediately and automatically be excluded from school** in the event of an outbreak of disease for which your child is not properly immunized.