

**2009-2010**  
**SOUTHERN BOONE COUNTY R-1**  
**HEALTH SERVICES & PROCEDURES**

Dear Parents/Students: Welcome to a new school year. Please read the following information regarding health services and procedures at SoBoCo, and keep as a reference during the coming year.

**Health Services**

The district's health program is administered by a registered professional nurse on duty throughout the school term. This is to maintain for the students a state of physical, mental and emotional well-being as well as a range of health services as follows:

1. The immunization program as required by state law
2. Clinics- including vision, hearing, height and weight checks, dental screenings and scoliosis screenings (parents will be notified of any abnormalities)
3. First Aid
4. Ill student procedures
5. Compiling and maintaining cumulative records on all students
6. Implementation of Wellness Policy
7. Coordinate and oversee Special Dietary requests

**Accidents/Injuries**

If an accident occurs at school, first aid is given as soon as possible. The parent is contacted by the nurse, or designated person, if deemed necessary. In a serious accident or emergency, when the parent cannot be reached, the child will be taken to the emergency room, or doctor of choice as listed on the enrollment form.

**PARENTS ARE RESPONSIBLE FOR KEEPING  
EMERGENCY NUMBERS CURRENT.**

**General Health Information**

The following information is provided to the parents regarding certain conditions that require absence from school, according to the State of Missouri guidelines:

**Students need to remain home from school for the following:**

- ❖ Fever of 100 degrees or more (or 24 hours fever free)

- ❖ Undiagnosed rashes
- ❖ Vomiting/Diarrhea (and 24 hours from last episode)
- ❖ Fainting (until evaluated by a doctor)
- ❖ Must be on antibiotics for contagious conditions for 24 hours
- ❖ Red, inflamed eyes (should not attend if itching, pain or pus drainage are present)—Consult a physician
- ❖ Impetigo (a contagious skin condition involving characteristic “honey” colored crust)—Consult a physician
- ❖ Ringworm—area must be treated and covered
- ❖ Head lice (children should be kept home and treated for live lice. Students will not be allowed to ride the buses until the student is examined by the school nurse and found to be free of lice)
- ❖ Scabies—must provide physician’s statement of diagnosis and treatment
- ❖ Common childhood diseases—call anytime with concerns/questions
- ❖ Chickenpox (Exclude 7 days from onset of rash. May return to school after all lesions have dry crust)
- ❖ Strep Throat (following a positive throat culture, the child must be on antibiotics and without fever for 24 hours before returning to school)
- ❖ Flu-like illness (remain home until fever free for 24 hours and child feels well enough to resume daily activities)
- ❖ Mononucleosis (infected child may attend school once diagnosed, as long as he/she is without fever and precautions are taken with water fountain use. Also, they should feel well enough to return to daily activity)

**Students sent home ill, with elevated temperatures, vomiting, diarrhea, are asked to be kept home until they are symptom-free for 24 hours.** Many students are sent home ill one day, return the next, and need to be sent home again because they have not fully recovered.

Students must be seen in the health office before being sent home for illness or injury. This is for the purpose of monitoring, illness tracking and documentation. Please remind your student **not to contact you via classroom, office or cell phones** if they are ill or have an injury.

We appreciate parents sharing the diagnosis and treatment of children seen by a physician so that we can be alerted to possible problems in other children. Try to make a habit of obtaining a note from the physician whenever your child needs to see them for illness. Please have them write down the date that your student may return to school.

### **Medication**

School personnel will dispense medication **only** with a written physician’s order. Over-the-counter medication, such as Aspirin, Tylenol and Ibuprofen will not be

dispensed without a written prescription. Medication to be given at school must be brought to the health office in its original container, have the prescription label attached, and be accompanied by written parental/guardian permission. Parents are responsible for providing the prescription or over-the-counter medications that their child will need.

The instructions should include the following information

- Student's name
- Name of medication
- Specific instructions for administration
- Physician's name

Students with chronic or specific problems requiring medication for emergency situations should have their medications properly labeled as listed above. Specific written instructions should be provided as to when and under what circumstances medications are to be given (ie Asthma Action Plan) . This information should be provided and signed by the student's physician and parent/guardian annually.

**Secondary students (9-12 grades) are allowed to carry over-the-counter medications needed for one day, with a signed parent permission (forms are with the school nurse).**

### **Immunizations**

Children are required by state law to be current on all immunizations before entering school, and to remain in compliance throughout their school years. If they are not, they will not be allowed into school (or to continue) unless annual exemption forms are signed by the parent/guardian or physician.

### **Wellness Policy**

SoBoCo Schools has a written Wellness Policy (8/2006) which includes guidelines for breakfast, lunches, birthday celebrations and classroom parties. All birthdays, rewards, and party snacks **must be individually prepackaged and cannot be home-made.** Fruits and vegetables are the exception. Bakery prepared cupcakes and cookies **are not acceptable.** They cannot include soda or energy drinks. Please check with your child's teacher to see if there are students with food allergies.

Students in grades K-5 **cannot** bring soda or energy drinks in their school lunches (including field trips or any other occasions). We ask that special visitors bringing lunches not include soda. Students in grades 6-8 are strongly encouraged **not** to bring sodas or energy drinks in their lunches.

### **Special Dietary Needs**

SoBoCo Schools will offer food substitutions to students that have a life-threatening or debilitating food allergy or conditions. It must be documented by a licensed physician. A medical statement (school provided) must be completed

and signed annually by a licensed physician stating the child's disability or medical condition (including allergy) and the major life activities affected by that disability or condition. Appropriate substitutions will be made by food services based on availability and cost.

The only substitution for milk will be soy milk. Water and juice will still be available to purchase separately to students in grades 6-12.

Thank you for taking the time to review this information. If you ever have any questions, comments or would like to talk with either of the school nurses, our numbers are listed below.

Robin Bullard, RN  
Primary 657-2148  
Elementary 657-2145

Brenda Curtis, LPN  
Middle 657-2146  
High 657-2144