

First Day of School Letter from the School Nurse

IMPORTANT - PLEASE READ THOROUGHLY! - Grace Uomoto, RN, BSN

Welcome, (and Welcome Back!) to Stevens Elementary School! The Health Room is located inside the school's Main Office. I will be working one and a half days a week (every Tuesday and occasional Thursdays) from 8:00am-3:30pm at Stevens.

Health Registration Form

Please complete the Health Registration Form and return to me (found in your packet or on the Seattle Public Schools website). I look forward to working with you and your student to manage any acute or ongoing health concerns. It is especially helpful to have current phone numbers and to be aware of any health related issues that may impact your student's ability to learn, attend class regularly or to get about the building safely.

Medications at School?

Will your child be taking meds at school or camp regularly or as needed? We must have an Authorization to Administer Medications at School Form on file with the school nurse. Yes, this even includes meds like Tylenol, Ibuprofen, topical creams, inhalers, and allergy medications! You can download the form from the attached web site, school web site or stop by my office. SPS

Authorization to Administer Medications at School Form:

<http://www.seattleschools.org/modules/groups/homepagefiles/cms/1583136/File/Forms/health%20and%20safety/nursing/medauth1.pdf?sessionid=59ba12ca257844b587ffcab0a844cd13>.

Please make sure that we have both your signature and your healthcare provider's signature on the form before turning it in. Also make sure to mark whether or not the child can self-administer their medication. Please have this done before school starts.

This form must be renewed each school year and allows students to carry their meds or leave a supply (in original container), in the nurse office. Please do not send it mixed in with other forms to the main office, as it may take weeks before I see it!

No medications needed during school? There is no need to complete the Medication Authorization form.

If your student was caught in a disaster and stranded at school for several days, would they have their needed medications? Do they ever forget their meds at home? Families are strongly encouraged to keep a 3-day disaster supply of meds (in original containers) at school with the nurse, along with their consent forms. Having a back up supply is particularly important for students with inhalers, Epi-Pens, and those with diabetes and seizures. *In addition, students with inhalers must have demonstrated correct usage to the nurse and obtained a doctor's permission in order to self-administer.*

Immunizations

Immunizations are important to keep all our students safe and healthy. Moreover, they are required for continued attendance at school. **Non-compliant students can be excluded in cases of an outbreak.** Immunizations are available from your provider/clinic, many pharmacies, or public health clinics.

Washington State Law requires that all students must have completed their:
Diphtheria/Tetanus/Pertussis (DTaP) series
Polio (IPV/OPV) series
Measles/Mumps/Rubella (MMR) series
Hepatitis B series
Varicella (VCZ/Chickenpox) series

Contact me for any questions or to update your student's immunization status. If your child recently received immunizations, please complete a Certificate of Immunization Status (CIS) Form and/or provide a copy of their Immunization Record and send it to the school or Student Health Services Department. Here is a link to required vaccines for school attendance 2015-2016:
<http://www.doh.wa.gov/Portals/1/Documents/Pubs/348-295-SchoolImmReqforParents2015-2016.pdf>

Free and Reduced Lunch - Food isn't the only benefit!

If your student is eligible for free/reduced lunch, please complete the form you received in your first day packet or ask for another. All students need the option of a healthy breakfast and lunch to fuel their brains and be successful at school. Studies show that kids who eat breakfast do better in school than kids who don't. This includes better math and reading scores, better classroom behavior and better attendance. It also assists Seattle Public Schools in qualifying for additional federal and/or state education dollars. What a deal to help fuel your student for a successful day at school!

Vision, Hearing, Lice, and Scoliosis Screens

Vision and Hearing screenings are typically done in the fall. If you would like to volunteer to help administer these tests, please let me know! You do not need to have previous experience or formal training in order to do this. We no longer do lice or scoliosis screenings. If your child does not pass his/her hearing or vision screening twice at school, I will call home and send a letter stating the need for further evaluation by their primary care provider.

Incoming Kindergarten and 1st Graders

The first time in a school setting can be extremely fun for a child! Therefore, many do not take the time to use the restroom for fear that they may "miss out" on something fun and exciting or are afraid to raise their hand to inform the teacher that they need to use the restroom. Therefore, please provide a set of extra clothes to keep in your child's cubby in case of an accident. This includes underwear, a pair of pants, a t-shirt/sweatshirt, socks, and a pair of shoes. This will also be helpful in case they spill on themselves or get rained on or step in puddles. You'd be surprised how many kids I see in the beginning of the year for urinary and bowel accidents!

When Your Child Should Stay Home

It is our goal for students to attend classes every day school is in session. However, there are times when students need to stay home for their own health and/or the health and safety of others. Below are some guidelines to help families decide when to keep students at home:

- **Fever**- Temperature 100 degrees Fahrenheit or over- Students need to stay home for 24 hours after their temperature has returned to normal without the help of fever-reducing medications such as Ibuprofen or Acetaminophen.
- **Diarrhea** -three or more loose or watery stools in a 24-hour period, especially if the student feels ill. Students should stay home for 24 hours after the last watery stool.
- **Vomiting** - two or more times during the last 24-hours, especially if the student feels ill. Students should stay home for 24 hours after the last time they vomited.
- **Rash**-of unknown origin or those known to be contagious such as ringworm, impetigo or scabies. Students may return to school as soon as treatment has begun.
- **Eyes** - that are draining mucus or pus or that have unusual redness, itchiness or pain not due to injury or allergy.
- **Live lice**-Students may return to school once treatment has begun.
- **Persistent Coughing** - Students who are unable to participate in classroom activities due to persistent coughing should stay home.

- **Fatigue** - Students who are unusually tired, pale, lack appetite, or who are difficult to wake, confused or unusually irritable.
- **Diagnosed Strep Throat or Bacterial Conjunctivitis (Pink Eye)** - Must stay home 24 hours **after first dose of antibiotics**.

If your student shows any of the above symptoms at school you may be called to pick them up. We suggest that you also consult your health care provider. Please consult your school nurse or health care provider if you are unsure whether or not your student should miss school due to health conditions. Remember to report the reason for your student's absence to the office staff or school nurse according to your school's official policies/procedures.

Please also report to the Front Office or School Nurse for any of these diagnosed conditions that are highly contagious so that we can alert the staff and families (especially those who are pregnant, have young infants at home, and those who are immune-compromised or suppressed): Chickenpox, Fifth's Disease, Hand/Foot/Mouth Disease, Strep Throat, Influenza A and B, Pertussis/Whooping Cough, Norovirus, Tuberculosis (TB), Measles, Mumps, Rubella, Infectious Mononucleosis, Herpes Zoster (Shingles), or Poliomyelitis.

The best way to get a hold of me is by email. Please come see or call me if you have questions, concerns or just want to say hi!

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Seattle Public Schools

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