



## SCHOOL NURSE NEWSLETTER

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Dear Parents:

We would like to extend a warm welcome to all students and their parents. We are looking forward to working with you and your children at St. Paul's Lutheran School.

To ensure your child's health and safety we would like to share a few items with you:

### HEALTH CONCERNS:

Please inform your school nurse of any severe allergies, surgeries, accidents or chronic health problems (such as asthma).

### MEDICATIONS:

NO child is to take or carry PRESCRIPTION OR OVER THE COUNTER MEDICATIONS to school. If a child, by order of a physician must receive medications in school, we require both parent and physician signature prior to administering medication. Therefore, a prescription label IS NOT acceptable in lieu of an MD's order. A written order must be obtained. A Medication Permission Form must be completed and signed by both physician and the parent. This form along with the prescribed medication in its original container must be brought to school by the parent/guardian in the beginning of each school year. All medication MUST be administered in the office. If you administer medication to your child before he/she comes to school, which could affect their performance, please send in a note to the teacher.

### ILLNESS/ABSENCES:

Please contact the school office in the morning if your child is to be absent. If your child has been ill, he/she should be fever free (< 99) for 24 hours before returning to school.

If your child is diagnosed with any of the following communicable diseases please notify the nurse/office: strep throat, chicken pox, impetigo, scabies, head lice, pink eye, viral/diarrhea illness and Fifth's Disease. The exclusion time for each is:

Strep Throat and Impetigo  
24 hours after initial dose of antibiotic

Chicken Pox  
7 days or until lesions are crusted over

Scabies/Ringworm  
24 hours after initial of medication and note from pediatrician

Pink Eye (Conjunctivitis)  
24 hours after initial dose of medication

Fifth's Disease  
exclusion at discretion of pediatrician or until fever subsides

Head Lice  
after hair has been treated and nits removed

\*\*Just a reminder that PRE K 3, PRE K 4 and first grade are nut free classrooms. There is a peanut/nut free table designated in Parish Hall for classes/students that eat lunch there.

EAGLES NEST Before and After Care is also PEANUT FREE.

Flu season will be upon us very soon.

#### FLU FACTS/INFORMATION:

The flu is a highly contagious viral infection of the respiratory tract. Although the flu affects everyone, children tend to get it more often than adults. Children who have asthma or other chronic conditions are more at risk for the flu. The season for the flu is usually from November to April with most case occurring between late December and early March.

#### Signs and Symptoms of Flu:

Fever or feeling feverish, chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue, vomiting and diarrhea (esp. in children)

Please make sure your children receive the flu vaccine.