

## SHELTON PUBLIC SCHOOLS

## SCHOOL HEALTH SERVICES

**PARENT NOTICE-** A student's health is an important factor in his/her ability to function properly in the classroom. If he/she is very tired, has a cold or headache, skips breakfast, he/she may not feel up to the challenges in doing his/her school work.

Please consider keeping your child home from school if he/she exhibits some of the following complaints. An absence call should be made to the school by the parent if your child is not coming to school that day. A note is required to the school from the parent or physician upon return to school.

1. **COLD SYMPTOMS:** such as sore throat, runny nose or persistent cough. Any or all of these may also be the early stages of a contagious illness. He/she may be uncomfortable sitting in class all day with these symptoms, so it may be a good idea for him/her to rest at home for a day or two. (Reminders for Good Health Practices- cover your mouth or nose for coughs or sneezes "Cough or Sneeze in your Sleeve" and dispose of tissues in proper receptacles.)
2. **TEMPERATURE:** If a student has a temperature in the morning (100 degrees F or higher), it may become elevated during the course of the day. A student who has had a temperature at home should not come to school until the child is fever free for at least 24 hours without the need for medication.
3. **HEADACHE:** Be sure your child does not have an elevated temperature if he/she complains of a headache at home. If temp is elevated, keep him/her home.
4. **EARACHE:** With or without an elevated temperature may indicate an infection. Check with your doctor before sending your child to school if he/she has persistent complaints.
5. **VOMITING &/or DIARRHEA:** Occasionally, students are sent to school after vomiting or having diarrhea the evening before or during the night. The student should have not vomited or had any diarrhea for at least 24 hours before returning to school.
6. **RASH:** Unless it is a known allergy or eczema, consult with your physician before sending your child to school. Please send in a note to the school nurse in regards to any rash and the physician's findings.
7. **EYE INFECTION:** May be highly contagious, therefore, consult with your physician before sending your child back to school, at least until on medication for 24 hours.
8. **EXCUSED FROM RECESS OR GYM:** If the student is to be excused from recess or gym, a physician's note is required. Please send the note to the school nurse with the reason for excuse, length of time to be excused, and the date he/she is able to return to recess or gym.

**Start the day off with a nutritious breakfast.** It is a long time span from dinner the night before until snack time or lunch. Many times students get stomachaches, headaches or are lethargic because of no breakfast and they are not able to do their schoolwork.

**Students are not allowed to carry medicines or herbal remedies of with them in school. The only exception is an Epipen or Inhaler and the school nurse has, on hand, the Healthcare Provider form filled out with MD and parent permission.** If the student is to take medication for any length of time, an appropriate medication form is to be filled out by the student's health care provider as per State Law. A medication form may be obtained from the school nurse. The parent may come to the school nurse's office at any time and give the medication.

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