



NOTES FROM YOUR SCHOOL NURSE

Welcome to school! Here is some general information you need to know. (Information about how Covid-19 has changed our processes and any updates can be found on the WCPS website.)

1. VERY IMPORTANT THIS YEAR: Please keep the school up-to-date with any changes to the emergency contact information for your child. Parents/guardians are contacted when a student becomes ill or injured and are asked to make arrangements for pick up as soon as possible, especially if they have any Covid symptoms. **In an emergency the school will call 911.**
2. PHYSICALS AND IMMUNIZATIONS: The Code of Virginia requires documentation of a comprehensive physical examination (done by qualified licensed physician, nurse practitioner, or physician assistant) upon entry to public kindergarten or elementary school. This exam **must** be completed within the 12 months prior to the date such child first enters public kindergarten or elementary school (this year it must be done after 8/9/21). The child must also be up to date on the Commonwealth of Virginia's required immunizations.
3. CLINIC VISITS:
 - a. *ILLNESS*: When students are not feeling well, teachers may send students to the clinic after discussing symptoms with the school nurse. Sometimes a student recuperates after a short rest time in the classroom. Students remain in class if they do not have a fever (temperature of 100°F or greater) and they are not vomiting.
 - b. *COVID-19 SYMPTOMS*: Please see the continually updated policy on students or staff with possible COVID.
 - c. *FIRST AID*: This year, in order to keep well students away from illness, first aid (band aids, ice packs, etc.) will be provided in the classroom. Please let your school nurse know if your child has an allergy to any types of bandages, ointments or creams.
4. FEVER: Students sent home with an elevated temperature should not return to school until they have been fever-free (temperature less than 100°F) for at least 24 hours without medication. Suspected Covid cases will follow guidance provided by our local Health Department. Guidelines for other illnesses can be found in the WCPS Health Handbook.*
5. PHYSICIAN VISITS: If a student has been to see a physician, dentist, nurse practitioner or physician assistant when unwell or injured, please check with them for recommendations as to when the student is allowed to return to school and if they have any limitations.
6. NO STOCK MEDICATIONS: No ingested medications, such as Tylenol, Pepto Bismol or cough drops are kept on hand for administration to a student. If a student requires any such medication, it must be provided by their parent/guardian. See below
7. MEDICATIONS AT SCHOOL: Many medications have an extended release version; ask your child's healthcare provider. If it is necessary for a student to receive medications during school hours, please contact the school for medication forms that must be completed and returned to the

nurse, with the medication, by a parent/guardian. These forms can also be found on the WCPS website.**

NOTE: This procedure is the same at the start of each school year.

- a. *CONSENT AND ORDERS*: All students' medications taken at school must be administered through the school clinic after a consent form is completed and returned from the parent/guardian; if the medication is prescribed, the physician, dentist, nurse practitioner or physician assistant must complete their section of the form as well.
 - b. *DELIVERY OF MEDICATIONS TO CLINIC*: A parent/guardian must bring all medications (prescription or over-the-counter) to school in its original container. Extra containers for prescription medications can be obtained at your pharmacy. This includes such medications as Tylenol and even cough drops. **NO STUDENT SHOULD BRING ANY MEDICATION TO SCHOOL.**
 - c. *AVAILABILITY*: Medication is not accessible from the clinic during the hours before or after school.
 - d. *END OF SCHOOL YEAR*: Medication must be picked up by the student's parent/guardian at the end of the school year or it will be discarded.
8. **SERIOUS HEALTH CONDITIONS**: Collaboration with your school nurse and the student's health care provider is key to keeping your child safe at school.
- a. **HEALTH EMERGENCY PLANS**: Available at the school or on the website** for completion by your child's health care provider. The plans provide vital information to teachers and other staff members and are **required for any enrolled student, including virtual learners.**
 - b. *MEDICATIONS AND SUPPLIES*: Parents must provide to the school clinic all medication and supplies called for in the health plan, keeping them refilled as needed throughout the school year.
9. **LICE POLICY**: Students found to have live lice will be sent home and must be treated prior to returning to school. Students will be checked by the nurse before returning to class after being treated. If nits are found one quarter inch or closer to the scalp, the nurse will determine a new plan of action and discuss it with the student's parents. Nits will not exclude students from school. Your school nurse is happy to help with information about treatment and retreatment.

*The WCPS Health Handbook is located on the website under the Parents tab:

https://www.wcps.k12.va.us/images/DOCUMENTS/SpecialServices/WCPS_HealthHandbookOcrUpdate.pdf

**Forms are located at <https://www.wcps.k12.va.us/index.php/special-services-nursing-services>

If you have any questions, please contact "Nurse Tina" Carter. I am happy to help!

Keeping Students Healthy, Safe and Ready to Learn