



## HEALTH INFORMATION

Since healthy students learn better, the school district has some policies and guidelines to promote a high level of wellness for each student. Most of the general health related rules and recommendations are summarized here. If you have questions about these policies, you may call the school nurse.

### IMMUNIZATIONS

The state of Missouri requires all students to receive certain immunizations before they can attend any school in the state during both the regular school year and summer school. If you have questions about the immunizations that your child needs for school attendance, you may contact the school nurse or the Stone County Health Department (417-357-6134 or 417-272-0050) for specific details.

### EMERGENCY INFORMATION

Upon enrollment in the district and at the beginning of each school year, parents are responsible for providing the school with current phone numbers where they can be reached if their child should become ill or be injured at school. In addition to their home and work numbers, they should provide the names and numbers of at least three responsible adults (relatives, neighbors, friends, co-workers, etc.) that the school may contact if an urgent situation arises and the parents cannot be reached. If a phone number changes, the parents should notify the school of the new number promptly.

It is distressing to a student who is injured or does not feel well if someone cannot be reached for him or her. In addition, the school does not have the facilities to treat severe injuries or medical problems. Therefore, it is very important that the school be kept informed of the current numbers that may be used to contact someone for an ill or injured student.

### HEALTH PROBLEMS

If a health condition exists that may interfere with a student's educational progress or that may need attention at school, it is the responsibility of the parents to provide current written information describing the effects of the problem on the student along with specific instructions for any special health care needs. In some cases, the school may request written instructions from the student's physician or that the parents visit with school personnel to clarify questions concerning the student's health status or care while at school.

Parents must assume the primary responsibility for their child's health care, both at home and at school, and for the coordination of care between home and school. The school does not assume responsibility for the management or treatment of health conditions of which the parents were aware before the student was sent to school.

## ILLNESS

Regular attendance at school is important. A student should be in class every day that he or she is physically able. However, students with contagious conditions are not allowed to attend school during the time they are likely to transmit an illness. This not only gives the student an opportunity to rest and recover, but also it keeps others at school from becoming infected by illnesses that may spread quickly among students. If a student becomes ill while at school, the parents are expected to make arrangements to transport the student home promptly.

A student should NOT be in school if any of the following are present:

- Fever or chills. A student with a fever should not return to school until the temperature has been normal for 24 hours without the use of any fever-reducing medication during that time.
- Nausea, vomiting, or diarrhea. A student who experiences gastrointestinal upsets should not return to school until 24 hours after the symptoms are gone and should not have taken medication to treat those problems during those 24 hours.
- Cough, sore throat, or cold symptoms severe enough to interfere with the student's ability to learn.
- Severe, persistent pain or other signs of illness (listlessness, irritability, unusual behavior, etc.). The student should be checked by a physician to determine the cause and the proper treatment.
- Earache or drainage from the ears.
- Inflamed or reddened eyes. A physician should be consulted (especially if the eyes are watering, itching, or draining) to determine if pink eye exists.
- Skin lesions, sores, or rashes. A physician should evaluate a student with skin abnormalities to determine the appropriate treatment and whether it is safe for the student to attend school.
- Lice or nits (lice eggs) in the hair.

A student who has been ill should not return to school until he or she is over the illness. Since a student who returns too soon often experiences a relapse, it is in the student's best interest to stay at home until recovery is complete.

## HEAD LICE

Checks for head lice may be done periodically during the school year. If a student is found to have head lice, the parents are notified and are responsible for making arrangements for transporting the student home promptly.

A student with head lice must be treated with a pediculicide (lice shampoo) to kill the lice, and the nits (lice eggs) must be removed from the hair before the student may again ride the bus and return to class. Prior to the student's readmission to school, the parent (or other responsible adult) must bring the student to the health room to have his or her hair checked.

If any lice or eggs are found in the student's hair, he or she will be sent back home for further treatment. This measure is necessary to protect other students from the spread of head lice. The student will be readmitted to class and allowed to ride the bus only after the hair is free of all lice and eggs.

## MEDICATION ADMINISTRATION

For the purposes of this policy, the term “medication” is used to describe substances prepared for internal or external use that are intended to prevent, treat, or cure disease or symptoms of illness. In addition to prescription drugs and over-the-counter (OTC) products, “medication” includes substances that claim to be medicinal or performance enhancing as well as those used for the prevention or relief of a health-related condition or symptom. Examples include herbal products, vitamins, minerals, dietary or nutritional supplements, and food that is to be ingested other than at the usual school meal times.

Medication should be given at home if at all possible. If it must be given during school hours, the parent must supply the medication in its original container. The label from the pharmacy or manufacturer must be intact with the student's name, the name of the medication, its dosage, and the instructions for its use clearly visible. Extra, properly marked containers are available from pharmacies upon request. Empty containers are returned to the parent.

It should not be necessary to give more than one dose of a medication during the school day; exceptions must be arranged with school personnel. Only the amount of medication necessary for use at school, not the entire prescription, should be brought to school. Non-prescription medication may not be given at school for more than five days unless it is accompanied by a physician's request.

To assure that medication arrives at school safely, the parent or other responsible adult must deliver it to the health room. For safety reasons, students are not to carry medication on a bus or at school.

A written parental request for the student to receive medication during school hours is necessary. It should include the following information.

- The student's name, grade, and home room teacher's name.
- The name of the medication.
- The dosage (i.e., how much to take).
- The time the medication should be given.
- The specific days it is to be given (e.g., one day only, one week, as needed).
- The reason the student is taking the medication.
- The date any remaining medication will be picked up from school.
- Other pertinent instructions. (Should the medication be refrigerated? Should it be taken before or after eating?)
- The signature of the parent.
- The date of the request.

"Request for the Administration of Medication" forms are available from the school and may be used to provide the required information. (Copies also are included in the back of this handbook.) The parent must assume responsibility for informing school personnel of any change in the student's health or medication.

Current Missouri state laws, regulations, and guidelines are to be followed in order for a student to carry and self-administer medication while in school, at a school-sponsored activity, or in transit to or from a school or school-sponsored activity. A licensed physician must prescribe the medication and provide the school a written treatment plan containing instructions for the routine and emergency management of the student's medical condition and medication use by the student while at school. In addition, the plan must include statements that the student has been instructed in the proper use of the medication and any device necessary to administer it, has been informed of the dangers of sharing the medication with others, and has demonstrated to the physician the capability and skill level necessary to use the medication correctly and responsibly.

The parent must sign a statement requesting the student be allowed to carry and self-administer medication at school and acknowledging the district and its employees will incur no liability as a result of any injury arising from the self-administration of the medication. The signed physician authorization and parental request must be renewed by the student's physician and parent for each subsequent school year or if there is a change in the physician's orders

during the school year. To assist in providing the required information, physician authorization and parent request forms are available from the school.

The school district is not obligated to administer medication to students at school, but it does so merely as a courtesy; therefore, the district retains the right to reject requests for medication administration. To protect the student's health and well-being, medications being used inappropriately, those in unlabeled or improperly labeled containers, or those without complete instructions for administration may not be given at school.

## HEALTHY HABITS

To do his or her best in school, a student should be provided with adequate nutrition, sleep, clothing, exercise, personal hygiene, and medical care. By working together, parents and school staff can teach each student the importance of developing and practicing good daily health habits that will contribute not only to the student's academic success, but also to a high level of wellness throughout life.

