

**Windsor C-1 School District  
Imperial, MO**

**HEALTH POLICIES – PARENT INFORMATION**

The nurses of Windsor C-1 Schools would like to welcome you and your child. Our role as school nurses is to provide first aid and emergency care, to conduct health and developmental screenings, to participate in the prevention and control of communicable diseases, to promote wellness through health education, and to meet the special needs of any chronically ill or handicapped child.

**Immunizations**

According to Missouri State Law Section 167.181 RSMo, students must have the required immunizations before enrolling or attending school. Immunizations may be obtained at the Jefferson County Health Department in Arnold (phone 636-282-1010) or in Hillsboro (phone 636-942-3101). **Appointments are necessary.** Call for days and times.

**Exams**

Physical Exams are recommended for all students entering Kindergarten and all students every two years thereafter. Dental and vision exams are also recommended for students each year. Please give a copy of these exams to the school nurse to be kept in your child's health file.

**Health Care Plans**

Any parent who has a child with a medical diagnosis is asked to contact the school nurse to discuss their child's condition and to determine if a health care plan needs to be developed for school to accommodate his/her individual needs.

- **Asthma**

All students with a diagnosis of asthma should have an "**Asthma Action Plan**" on file in the school nurse's office. Please obtain a copy of this form for your physician to complete. The purpose of this plan is to assist the school nurse in managing your child's asthma at school.

- **Allergic Reactions / Anaphylaxis**

True medical emergencies are rare but may happen at school. In the case of a severe allergic reaction (anaphylaxis), time is of the essence.

Students with a **known severe or potentially severe allergic reaction** are strongly encouraged to have an "**Allergy Action Plan**" completed by their physician and kept on file in the nurse's office. The parent must also provide any medications required as part of that plan to the school nurse. It is the parent's responsibility to discuss with the appropriate school staff, including the school nurse, any accommodations that need to be made at school, especially in the case of food allergies. At the parent or school's request, a meeting can be arranged for this purpose.

**NOTICE**

*Schools in this district are equipped with pre-filled epinephrine auto syringes and asthma-related medication. The school nurse or another employee trained and supervised by the school nurse may administer these medications when they believe, based on training, that the student is having a life-threatening anaphylactic reaction or asthma episode. In accordance with written protocols provided by the authorized prescriber, students authorized to carry and self-administer epinephrine or asthma medications, may do so in accordance with Board policy.*

**Illnesses**

In an attempt to control the spread of illness, any student will be sent home who has: a fever (100° F or greater), vomiting, diarrhea, or as otherwise determined in the best interest of the student and/or the classroom. **STUDENTS SHOULD BE FREE OF THESE PROBLEMS FOR 24 HOURS WITHOUT FEVER REDUCING MEDICATION BEFORE RETURNING TO SCHOOL.** Students with any illness or communicable disease will be allowed to attend school in accordance with their doctor's recommendation and/or guidelines of the Missouri Department of Health and Senior Services.

**District Sponsored After-School Programs (e.g. Tutoring, Detention, Sports, etc.)**

For any student participating in a district sponsored after school program, it will be the responsibility of the parent to discuss any medical problems that their child has with the assigned coach/teacher. The school nurses are in a position to serve in an advisory capacity for these programs; however, there is no nursing coverage available during these times.

**Communicable Diseases**

In the event of any communicable disease, control measures and interventions will be implemented in accordance with state statutes governing disease control, and in consultation with the student's physician and the Missouri Department of Health and Senior Services.

**Health Screenings**

Annual Health Screenings Performed by Grade					
	Height	Weight	Vision	Hearing	Blood Pressure
Kindergarten	✓	✓	✓	✓	
1 <sup>st</sup> grade	✓	✓	✓	✓	
2 <sup>nd</sup> grade	✓	✓			
3 <sup>rd</sup> grade	✓	✓	✓	✓	
4 <sup>th</sup> grade	✓	✓			
5 <sup>th</sup> grade	✓	✓	✓	✓	
6 <sup>th</sup> grade	Screenings performed as needed or by request of teacher, parent or Special Services				
7 <sup>th</sup> grade	✓	✓	✓	✓	✓
8 <sup>th</sup> grade	Screenings performed as needed or by request of teacher, parent or Special Services				
9 <sup>th</sup> grade	✓	✓	✓	✓	✓
10 <sup>th</sup> grade	Screenings performed as needed or by request of teacher, parent or Special Services				
11 <sup>th</sup> grade	Screenings performed as needed or by request of teacher, parent or Special Services				
12 <sup>th</sup> grade	Screenings performed as needed or by request of teacher, parent or Special Services				
<b>An opt-out form is available for you to sign if you do not want your child screened.</b>					

**Birthday Treats and School Parties (ADF-AP1)**

All birthday treats will be allowed only if ordered through the school district's contracted food service provider. A selection of treats available for purchase is provided by the food service provider. Birthday treats will be allergen safe for peanuts and tree nuts. The food service provider will accommodate other allergens when possible. No profit will be made by the food service provider on the sale of birthday treats. For snacks brought to school for parties (Halloween and Valentine's Day parties), patrons will comply with policy EFEA, Distribution of Noncommercial Foods.

**All forms are available for download online under the nursing tab on the district website. If you are unable to obtain these forms online, they will be available in the nurse's office.**

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*We hope this information will help you understand some of the health policies of our district. Please do not hesitate to contact us if you have any questions, or if your child has any special need with which we can assist.*

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**MEDICATION POLICY – PARENT INFORMATION**

This information is provided as a reference to parents regarding the district's medication policy. The policy in its entirety is available for review on the website under policy JHCD.

**Prescription Medication**

All prescription medication must be sent to school in a currently dated and labeled prescription bottle (request an extra bottle from the pharmacy) and accompanied by a signed **PRESCRIPTION MEDICATION AUTHORIZATION FORM.**

**Over-The-Counter Medication (Physician and Parental Consent Required)**

No over-the-counter medication (e.g. cough syrup, allergy meds, etc.) will be administered at school without a written consent/order from the student's physician. This order must state:

- Name of student
- Name of medication, dose, and time to be given
- How long it will be given and indication for use

All over-the-counter medication must be sent in the original manufacturer's labeled bottle and accompanied by a signed **OVER-THE-COUNTER MEDICATION AUTHORIZATION FORM.**

**Stock Medication**

The school district has secured the services of a physician to write standing orders to cover the use and administration of specific over-the-counter medications which are supplied by the school district. These include Acetaminophen, Ibuprofen, Antacids, Lozenges, and Menthol Cough Drops. Written parental consent on the "Student Health Referral Card" must be obtained before a stock medication is given.

In addition, there is a district policy in place that allows for the administration of epinephrine in the case of a severe allergic reaction and albuterol or respiratory emergency.

**Student Self-Administration**

Students are NOT allowed to carry any medication on their person for self-use, including asthma inhalers, without first consulting the school nurse regarding the district's policy.

**Sending Medication to School**

All medication must be brought to school by the student's parent or a parent designee (e.g. baby-sitter, neighbor, etc.). If the parent is unable to do this, the medication may be sent with the student, providing the following conditions are met:

1. The prescription or over-the-counter medication is sent in the correctly labeled bottle inside a sealed envelope, and
2. The parent must call the nurse/office and report that medication is being sent to school with a count of the number of pills sent.

**District Nurses**

Health Service Director: Connie Podolsky BSN, RN	(636) 464-4448
Windsor High School Nurse: June Slabodnik RN	(636) 464-4443
Windsor Middle School Nurse: Kathy Smith BSN, RN	(636) 464-4425
Windsor Intermediate Center School Nurse: Jackie Kling RN	(636) 464-4464
Freer Elementary School Nurse: Angie Bulmahn MSN, RN	(636) 464-4416
Windsor Elementary School Nurse: Cindy Fraley BSN, RN	(636) 464-4489

**STANDING MEDICATION ORDERS**

The employees of the Windsor C-1 School District may use the following medications on a PRN (as needed) basis, in accordance with the district's medication policy. Please notify the school nurse if your child is allergic or sensitive to any of these products.

***With Parental Consent:***

Product	Indications	Dose
Acetaminophen 80mg, 160mg, 325mg, 500mg	For the temporary relief of minor aches and pains, headaches, toothache, menstrual cramps and fever.	Per instructions on label.
Ibuprofen 200mg	For temporary relief of minor aches and pains, headaches, muscular aches, joint pain, menstrual cramps and fever.	Adults and Children over 12 years old: Give 1-2 tablets every 4-6 hours PRN
Antacid	Antacid to relieve the symptoms of acid indigestion, heartburn or sour stomach.	Per instructions on label.
Throat Lozenges	For dry mouth and irritated throat.	Adults and children 5 years and older: one lozenge every two hours PRN
Menthol Cough Drops	For temporary relief of minor sore throat irritation and coughs due to colds or inhaled irritants.	Adults and children 5 years and older: one drop every 2 hours PRN.
Ludens Throat Drops	For temporary relief of minor discomfort and protection of irritated areas in sore mouth and sore throat.	Adults and children 3 years of age and older: allow one drop to dissolve slowly in mouth PRN.

***These Products May Be Used Without Parental Consent:***

Product	Indications	Dose
Analgesic Rub	For relief of sore, aching and strained muscles.	Apply and gently massage until disappears. Repeat 3-4 times daily.
Antibiotic Ointment	To help prevent the risk of infection in minor cuts, scrapes and burns.	Apply small amount on the area 1-3 times per day.
Antifungal Cream 1%	To relieve itching due to possible fungal infection.	Apply evenly to affected area.
Burn Ointment	For the temporary relief of pain associated with minor burns.	Apply to affected area not more than 3-4 times daily.
Hydrocortisone Cream ½ - 1% and/or Anti-Itch Cream	Relief of itching due to insect bites, minor skin irritations, poison ivy and poison oak.	Apply locally for itching 3-4 times daily.
Hydrogen Peroxide	Local anti-infective, as a topical antiseptic.	Apply to affected area.
Insect Bite and Sting Relief "Sting Kill"	Relief of pain and itching due to insect bites.	Apply to affected area 1 time only.
Isotonic/Saline Eyewash	To cleanse and sooth minor conjunctiva irritations.	1-4 drops in eye as needed.

***Emergency Medications (may be used without parental consent):***

Product	Indications	Dose
Diphenhydramine HCL Liquid-12.5mg/5ml Chewable tablet-12.5 mg Tablet -25mg	For temporary relief from symptoms of an allergic reaction.	Per instructions on label.
Albuterol Sulfate Inhalation Aerosol (MDI)	To prevent or treat bronchospasm in patients with reactive obstructive airway disease.	1-2 puffs every 4-6 hours.
Albuterol Sulfate Inhalation Solution 0.083% 2.5mg/3ml	To prevent or treat bronchospasm in patients with reactive obstructive airway disease.	1 ampule per nebulizer every 4-6 hours.
Epi-Pen	For severe allergic reaction (anaphylaxis) per district policy.	Adults and children over 66 lbs.
Epi-Pen Jr.	For severe allergic reaction (anaphylaxis) per district policy.	Adults and children less than 66 lbs.

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Date

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Physician's Printed Name

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Physician's Signature