



Student Health Tips From Your School Nurse

One of the important goals of school nursing is to positively impact academic success by promoting the health and well-being of students and the school community.

Parents, please make an appointment in August with the nurses if your child has any medical condition, medication that will be administered during school hours, or special medical needs.

Braces/Dental Work: Anticipate that your child will have discomfort after an adjustment. Consider treating your child with Ibuprofen prior to the start of the school day. We hope this, paired with a softer diet and staying hydrated, will help your child manage the discomfort.

Fever: A student with an elevated temperature of 101 F or above will be sent home from school. The student should not return until fever free, WITHOUT fever-reducing medication, for 24 hours. In other words, if your child has a fever at bedtime, he/she should not be sent to school the next day regardless of waking up fever free in the AM. A child should be well enough to manage a runny nose independently with tissues and hand washing, a cough should not interfere with eating, drinking, sleeping, physical exercise, and classroom participation. Vomiting, Diarrhea should be resolved and your child tolerating a normal diet. We want your child to have a productive 7 hour school day.

Headaches: Middle-schoolers generally do not eat or drink well enough considering their rapid growth at this time of life. Please encourage breakfast (ex. something prepared the night before that can be eaten quickly during a busy morning or on the way to school) and a bagged lunch from home. Drink plenty of water throughout the day. If eyeglasses are prescribed- they should be worn.

Menstrual Cramps: Usually a dose of analgesic prior to the beginning of the school day, such as ibuprofen, will work well to decrease the pain and uterine contractions of "cramps". Unexpected periods or heavy flow can be embarrassing. It is a good idea to keep an extra pair of underpants and pants in your child's backpack or locker.

Stomachaches: Stomachaches are a common complaint of school-aged children. It is not always possible to assess the cause but most stomach aches resolve on its own. If your child has ongoing gastrointestinal problems, please inform the school nurse so that appropriate measures can be taken for his/her relief of discomfort.

Sprains, Strains and Fractures: STUDENT SERVICES will issue passes to students for Elevator use. Please send your child with a note or documentation at the time of the request clarifying the need/request for the pass, the length of time pass is requested, and best phone number where you may be reached. You may expect that medical provider documentation will be required to be excused from classes during period of recovery, or to provide accommodations such as a scribe for class work, testing, or standardized tests.

MEDICATIONS: Palm Beach County School Board and Health Department Policy for Medication Administration: When a student is on the campus of any school in Palm Beach County, **the student may not *carry on their person or take ANY prescription or over-the-counter medication UNLESS authorized by a physician.** We are happy to keep parent-provided medication in the clinic for your child with the appropriate forms completed.

*Carry on person medication: State statute allows only asthma medications, medication to treat anaphylaxis, diabetic medications, and those used to treat CF, at this time.

We hope you find these tips helpful. We look forward to a healthy, successful school year for your student!

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