

Welcome!

Incoming Grade 6th, 7th and 8th Parents

School Health Information

- All students who plan to participate in **any school sport** must have a completed physical form on file in the nurse's office. The physical must be updated every 2 years unless otherwise specified by your child's physician.
- When the doctor gives you a copy of the completed physical form, **make several copies** so whenever you need one for camp or other agencies you have it on file at home and don't need to call the doctor for it.
- Please send all physical forms to the nurse before school starts so they may be checked in **before** the fall sports season begins.
- We use several boxes of tissues during the year. Any donation of tissues for your child's classroom is greatly appreciated.
- Please help us **track common illnesses** by telling the office specifically why your child's absent from school. If we just hear "sick" we can't tell if it's something several children have or an isolated case.
- Due to the increasing number of students with severe **food allergies** we are asking you to review with your child the allergy procedure located in the school handbook. There is no sharing food guideline across the district and we ask that you let your teacher know ahead of time if you will be sending in a snack to share with the entire classroom. Snacks for classroom consumption should not contain obvious nuts, peanuts, or peanut butter.
- All **medications** administered by school personnel must be brought to school by an adult, be in the original container with the expiration date clearly labeled and BOTH parent and the physician must sign permission that the child needs the medication at school. We must have a physician note for over-the-counter **medication** including Tylenol or Advil. Students may not carry any medication in the backpack or have in their possession (Example: students may carry rescue inhalers and EpiPens with a signed note from the doctor and the parent and with demonstrated knowledge of when and how to use the medication).
- If your child is diagnosed with a **concussion** or comes to school with crutches please call the school nurse to let her know so a plan is placed for the student's safety. The nurse appreciates knowing about any change in your child's health.
- If your child has **asthma** or an **allergy**, please send in asthma and allergy plans in August. Plans must be updated each school year and signed by the parent and physician.
- Students who have **diabetes** need updated orders from the physician in August as well.
- The GMS school nurse may be reached at 222-1224