

Flower Mound Elementary Health Notes

	<p>My name is Sarah Gotowko and I am the nurse at Flower Mound Elementary. I have been a nurse for 8 years. I have worked with pediatrics and adults. My husband and I have two children. I am originally from Dayton, OH. We moved to Texas two years ago from Pittsburgh, PA. If you have any problems or concerns, please feel free to contact me. My direct line is 972-350-5604. My fax number is 972-350-9559. My email is gotowkos@lisd.net. You may get a phone call, text or email from me periodically throughout the school year regarding your child's health. Please read through the following information. It contains important information in regards to your student and health services.</p>
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Texas State Law Regarding Exclusion in the School Setting

- Children with **fever** (100 degrees Fahrenheit or higher) will be excluded from school until they are fever free for 24 hours without the use of fever suppressing medications.
- Students with **vomiting and diarrhea** are also excluded from returning to school until they have been able to tolerate food for 24 hours without vomiting or diarrhea.
- **Chickenpox** - children will be excluded until the lesions become dry. If the lesions are not vascular, then the student will be excluded until 24 hours have passed without any new lesions occurring
- **Pertussis** - students with a positive pertussis lab result will be excluded from school until they have been on antibiotic therapy for five days
- **Conjunctivitis, bacterial or viral**; schools will exclude until student has a physician's permission to return to school, the student has been on antibiotic treatment for 24 hours, or until he/she is symptom free.
- **Head lice** - students with live head lice will be excluded until they have received treatment and are free of live lice.
- **Ringworm and shingles** - No exclusion if infected area can be completely covered by clothing/bandage. If the area cannot be covered then the student will be excluded until treatment has begun.

Bringing Medications to School

Please read all of the information below prior to bringing medications to school. Medication form available on the FME website.

Elementary school students are not allowed to carry medications with them. Medications must be kept in the health room and administered by the school

nurse or a provider designated by the principal. The child's condition must necessitate that the medication be given during school hours. Medication includes approved prescription and non-prescription (over-the-counter) drugs. Approved medications are those that are approved by the FDA. Alternative therapies, herbals, and supplements are not approved or controlled by the FDA and therefore cannot be administered by school personnel. The school does not buy or stock medications.

Parents can request that a medication be given on a short term basis (up to five consecutive school days) if the parent provides the medication in the original container and a completed “**Parent Request for Administration of Medication by School Personnel**” form found on our clinic website or available in the front office.

A physician's authorization is required for all controlled medications and any medications that will be given at school for more than five days. A physician authorization would also be required if a parent would like to leave a medication at school to be given on an as needed basis. Parents have to provide a new physician's order at the beginning of each school year and every time that there is a change in dosage or schedule of treatment. Doctor's may fax these orders to the school.

Due to safety concerns, LISD elementary school students will not be able to carry any medications to or from school. Medications must be transported by a parent, guardian, or other adult. This is a policy that the district hopes will help keep our school healthy and safe for all students.

In 2001 the Texas Legislature passed House Bill 1688 which permitted students to carry and self-administer their own emergency medications while at school or at school functions. If you want your student to carry and self-administer his or her own emergency medication at school, please complete a Medication Self Carry Agreement and return it to the school nurse as soon as possible. For medications to be given at school, the above minimum requirements must be met. Please contact the school nurse for further guidelines or questions.

Immunizations

Students attending LISD schools must meet Texas immunization requirements. At the time of enrollment, all students enrolling for the first time in a Texas school must present proof of their complete or on schedule Immunization status for all the state mandated immunizations. There is NO grace period. Physician, school, or health department records are acceptable proof.

A student can be enrolled provisionally for no more than 30 days if he/she transfers from one Texas school to another and is awaiting transfer of the immunization records.

Students entering from some foreign countries must provide proof that tuberculosis testing has been performed within the last three months.

Please contact your school nurse to receive information on House Bill 2292 which allows parents to exempt their children from vaccines as a matter of conscience. The state requires that the exemption record from the State of Texas be provided before enrollment in school.

Illness

You should review your child's online health card each year. IT IS ESSENTIAL THAT EMERGENCY CONTACT NUMBERS ARE CURRENT AND ACCURATE.

Please give us numbers for cell phones, beepers, etc. If you have voicemail at work, also leave a number where a person can be reached. Attendance at school is not permitted if these circumstances are present: vomiting, diarrhea, temperature over 100.0, rash, active lice infestation, drainage from eyes, or if the severity of the condition indicates school attendance would not be in the best interest of the child. Please check with the nurse if you have any doubts.

Readmission to school is permitted when the student has recovered or a written medical release is submitted to the school.

The district is not responsible for any costs incurred for medical or dental care, or for emergency transportation. However, if you are unable to afford medical care, dental care, eye care or medications please talk to your school nurse. There are organizations within our community that may be able to help.

Health Appraisal and Screenings

Each year students in Kindergarten, first, third, fifth and those who are new to LISD are screened for vision and hearing. Students in second and fourth grades may have a vision and/or hearing screen done at the request of the parent, teacher, or special education department. Parents may request a vision or hearing screen at any time, simply call your school nurse or stop by the health room.

Acanthosis Nigricans

State laws require schools to screen children for acanthosis nigricans. LISD school nurses will be screening children in the 1st, 3rd, 5th, and 7th grade levels. Parents or guardians will be notified of positive screening results. This screening does not replace your child's need for regular health care and checkups.

Acanthosis Nigricans is a velvety-brown, rough skin condition found on the back of the neck and other places on the skin that signals high insulin levels in the body. Insulin is important because it helps “carry” the glucose or sugar to the cells in your body. Persons who have these marks signaling high insulin levels over long periods of time can increase the risk of obesity, cardiovascular problems, hypertension, increased cholesterol and triglycerides, and some female problems. Exercise and proper nutrition will help the body become more sensitive to insulin and lower insulin levels. Similarly the acanthosis nigricans markers will begin to fade.

Food and Sleep

Children are not allowed to share food at school. This helps keep our friends with allergies safe. Please ensure your child has breakfast at home or school. They will do much better at school if they are properly fueled and rested. 5 year olds need 10-12 hours of sleep at night. Lack of sleep and hunger affect learning and behavior. Please set your child up for success with a good night’s sleep, a healthy breakfast and a nutritious lunch.

Clothing

It is highly recommended that students keep a change of clothing in their locker or backpack. Please make sure that the clothing is labeled with your student’s name. Please consider this for all grade/age levels. The clinic is not able to provide a change of clothing in all sizes and a parent must provide a change of clothing if needed.