



Hello! My name is Melissa Koehler and I am the school nurse for the ninth grade campus at Hebron High School. I am excited to support our students' academic success through health and safety education, screenings, assessment for potential health problems, and collaboration with school professionals and **you**, the family! I am an LISD alumni, and both of my children have attended elementary through high school in our district. As a student, parent, and employee of LISD, I know the benefit of the programs and life-changing opportunities that our district strives to offer.

My goal is to help your students transition successfully into the high school environment by promoting independence and self-care. To that end, I appreciate your cooperation on the following...

Going to the nurse's office:

- Students should always notify their parent from the Health Room/Nurse Office if they are feeling ill and desire to go home. Failure to call from the Nurse's Office will result in an unexcused absence. If your student texts requesting to go home, please instruct them to get their teacher's permission to come to the health room.
- For attendance purposes, students should always sign in and out through attendance when leaving or returning to school.

Reasons the School Nurse will Recommend a student go home:

- Temperature of 100 or flu-like illness
- Signs and symptoms of strep throat
- Symptoms of "Pink Eye"
- Witnessed or continual vomiting
- Multiple episodes of diarrhea

District policy states that students must be fever-free, with no vomiting or diarrhea (without the use of medication), for 24 hours before returning to school.

Medication Policies:

- Students may carry **over the counter medications** in their original container with a note from parent(s) or with the form titled 'Permission to carry over the counter medications'.
- **Prescription medications** must be brought to the nurse with a note from parents. All medications must be in the original container and prescribed for the student. Students may self-carry most non-narcotic prescriptions once approved by the nurse. Any controlled substance, narcotic and some other medications will need to be kept in the health room and given by the nurse.
- Asthma **inhalers** may be carried by students with the form 'Emergency Medication Self-Carry Agreement'. Please call the nurse with any questions.
- Students with **life threatening allergies** should carry emergency medication while at school and are encouraged to keep extra in the health room. Please notify the school nurse if your student has any prescribed emergency medication, such as an Epi Pen, and complete the 'Allergy Action Plan' and 'Emergency Medication Self-Carry Agreement' forms.
- The LISD link for **Health Services forms** is: <http://www.lisd.net/Page/1777>

Thank you! I look forward to working with you and your student!

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