Health Suite News

Medications: If your child is to receive daily prescription medications or medication only as needed while in school, please be sure to have your doctor fill out the "Parent's Request to Administer Medication in School" form. Medication must be delivered by the parent or guardian *in the original bottle matching the doctor's order*, with this form.

Discretionary Medication forms: If you have not filled out a PINK 2018/2019 school year "Consent for Administration of Approved Discretionary Medications" form, it's not too late! Assessing children for minor health issues and administering these medications, when indicated, can help keep kids in school where they can learn! **NOTE:** If a student requires another brand of **cough drops**, please bring the preferred cough drops to the Health Suite *with a note from the parent* allowing for this substitution. They must still be administered and documented by the nurse through the Health Suite.

Reminder: I would encourage *all* students, particularly the younger students, to keep a season-appropriate **full change of clothing** at school in their locker. I have had a number of visitors in my office requiring a change of clothing for milk spills, falling into mud puddles and other messy incidents.

Looking for a FREE Outdoor Activity to get the family moving during the winter months? Check out the **Oregon Ridge Nature Center: Maple Sugar Weekends**, February 16th & 17th and 23rd & 24th, 11am-4pm. Come see how maple syrup is made! Offering invigorating outdoor hikes on hour to the sugar bush to tap trees for sap. Sugar on the Snow demos at 12:30 and 3:34pm. No registration required. ORNC, 13555 Beaver Dam Road Cockeysville, MD 21030