

## Health Suite News September 2019

Welcome back! I am really looking forward to seeing familiar faces again and meeting new friends! It's going to be a great year here at Warren Elementary!

### Top 10 Things your School Nurse Wants You to Know at the Start of the School Year

1. **IMMUNIZATIONS:** Every student must be up to date on their immunizations as required by the State of Maryland. Your child **will not be allowed to come to school after September 20<sup>th</sup>** if they are not up to date.
2. **Medications:** Whether your child is going to start taking medications at school this year, or took them last year, we must have a *new order* from your child's doctor each year. For prescription OR over-the-counter meds (not covered on the Discretionary med form) he/she will need A) "Parent's Request to Administer Medications in School" form filled out and signed by the provider and B) the medication *in its original packaging with the pharmacy label*, matching the order. Until we received **both** the signed form and the packaged medication, the medication cannot be given at school.
3. **Discretionary Medication Forms:** Please look for these **BLUE** forms coming home the first week of school. We need a new form filled out and signed by the parent/guardian each school year in order to give these medications in school.
4. **Contact Information:** It is very important that you notify the front office immediately if there are changes in you contact information. We must be able to reach you quickly if your child is ill or has an emergency, while in school.
5. **Health Changes:** please notify the nurse if there are changes in your child's health condition, as they arise. It is important for us to keep their health charts current!
6. **Glasses, hearing aids, other adaptive equipment:** Please be sure you child comes to school with any adaptive devices that he or she requires to maximize their learning capacity in the classroom.
7. **Clothing:** The children will go out to play most days, even when it may be cold or wet. Please dress them accordingly!
8. **Extra clothing:** ALL students should keep a change of clothing in their lockers. Every day children of all ages have bathroom accidents, yogurt spills on their shirts, wet, muddy knees from a fall on the playground, and so on. While the Health Suite has a limited amount of clothing for emergencies, having backup clothes in your child's locker will assure they have something that will fit, allowing them to quickly get back to the classroom.
9. **School nurses are great resources!** If you need assistance meeting your child's medical needs- getting required vaccines, visiting the doctor, visiting the dentist, getting eye glasses, etc., please give me a call! We often do not know what

the medical needs of our students are until the parents or guardians reach out to us for help. We can often hook you up with *low-cost* or *no-cost* services for your child.

10. **Communication:** I love getting to know your children and their families! While we just do not have time to contact parents for each and every visit to the health suite, I will notify you with a Health Suite visit note or a phone call, if it is warranted. If you *ever* have a question or need some clarification, please do not hesitate to give me a call anytime!

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