



STUDENT HEALTH SERVICE 2019-2020

The Forest Lake School District's Health Services mission is to promote the health, safety and wellbeing of students. We strive to reinforce healthy behaviors and remove health related barriers to learning. Each school building has a health office, staffed primarily by a Licensed Practical Nurse (LPN). There are three Licensed School Nurses (LSN'S) covering the district. As a team, the LPN and LSN provide professional support to students enrolled in the district.

The School District has developed policies and procedures, based on the recommendations of the MN Department of Health (MDH) and the MN Department of Education (MDE). The state of MN also has several laws pertaining to student health that we follow. The health and well-being of every student is important. When developing policy and procedures, we consider how health affects the student population as a whole.

Health Information

- **Confidential Student Health Information:** This form provides the health office with your child's health information. When we are aware of health issues, we are better prepared to respond to your child's health needs. The completed form is required for kindergarteners, 7th graders and 10th graders. Parents are asked to contact the health office if there are any changes in their child's health needs. Yearly up-dates are requested on the Emergency Contact form

Immunizations

- **MDH Student Immunization Record:** Minnesota Statutes Section 121A.15 requires children enrolled in a Minnesota school to be immunized against certain diseases, allowing for specified exemptions.
- See the MDH Immunization form for a list of required immunizations and specific information about exemptions. <https://www.health.state.mn.us/people/immunize/basics/kids.html>
- **Student immunization records are available on ParentVue.**

Student Medication

Medication should be given before or after school. If medication is needed during school hours, a physician order and signed parent permission is required. A parent/guardian is responsible to transport the medication to and from school.

- **Authorization for Administration of Medication at School:** This form needs to be completed by the physician ordering the medication and a parent/guardian. If your child is Kindergarten through 6th grade this form will need to be completed for any type of medication that may need to be given during school hours. Students in 7th-12th grade will need this form completed for all prescription meds or any over-the-counter meds that are taken on a routine basis during school hours.
- **Medication must be in a pharmacy-labeled bottle:** The label must include name of drug, student's name, dosage, route and frequency. Medication will only be given from a properly labeled container; Epi-pens and inhalers require a label on the device, not just the box it comes in. (Upon request, the pharmacist will provide two labeled bottles)

- **Controlled Medication:** Parents/Guardians are responsible for bringing controlled medication to school. All controlled medication needs to be counted and documented by the parent/guardian and the health office staff when brought into school.
- **Over-The-Counter Self-Carry/Self-Administer Medication Authorization:** This form can only be used for students in 7th-12th grade. It can only be used for over-the-counter pain relief medication: Acetaminophen (Tylenol) and/or Non-steroidal Anti-Inflammatory Drugs (NSAIDs), Ibuprofen or Naproxen. Combination medication requires a physician order. There are strict guidelines to be followed and must be signed by parent, student and LSN.
- **Student Self-carry and Self-administration:** This is a request for a student to carry a medication and take the medication when scheduled or needed during school hours. A physician and parent/guardian signature is required. The student will need to meet with the LPN/LSN. This request will be considered on a case by case situation. (This is often requested for inhalers, Epi-pens, glucose monitoring & insulin)
- **Medication disposal:** All medications will be disposed of after the expiration date and/or if not picked up on the last day of school. Parents/Guardians are responsible for supplying new and current medication/equipment and picking up medication/equipment on or before the last day of school.

Hearing and Vision Screening

- Hearing and vision screening is done at school for students in grades 1, 3 & 5, new students and per parent or teacher request. The health office will notify parent/guardian if a student does not pass a screening.

Too Sick for School?

The following guidelines will help determine when to keep a child home from school.

- They have had a **temperature** of 100 degrees or higher in the past 24 hours. Students should be kept out of school for at least 24 hours after they are fever-free without the use of fever-reducing medications.
- They have an uncontrolled **cough**.
- They have been diagnosed with **strep throat**. The student may return to school 24 hours after starting on an antibiotic.
- They have **Pink Eye** with thick white or yellow drainage and eye pain. An exam by a Medical Doctor is recommended.
- They have a **rash** that has not been identified and treated.
- They have **vomited** or had **diarrhea** within the past 24 hours.
- They **feel too ill** to remain in class/school.
- They have **head lice**; students with active head lice will be sent home from school. It is recommended that they are out of school for 12 hours after treatment and until no active lice are seen.
- They are having **pain** that requires a narcotic/controlled medication for relief. Please discuss the management of chronic pain with the Health Office Assistant in your school.

Managing students with head lice:

- Students with active head lice will be sent home and can return 24 hours after treatment. Parents of unaffected students will not be notified. The most effective management of head lice is routine checks at home. See the district website (<https://www.flaschools.org/site/Default.aspx?PageID=1583>) or the AAP (<https://pediatrics.aappublications.org/content/pediatrics/135/5/e1355.full.pdf>) for further information regarding specific detailed recommendations in the treatment and management of head lice

Health Services are available only during school hours