



Meyer Elementary Nurse's Notes

2022-2023

I am so excited that you will be joining the Meyer Elementary family for the 2022-2023 school year. I wanted to put together a few helpful reminders for you as you get ready for the school year. All of this information is also found on the Meyer Elementary website.

1. I will be reviewing immunization records throughout the summer and will be contacting you if there are any missing immunizations.
2. Eating a healthy breakfast is a key part of your child's school success. Please make sure your child eats at home or arrives at school in time to eat breakfast before class begins. Breakfast is served until 7:30 AM.
3. If your child is experiencing headaches, vomiting, diarrhea, chills, shortness of breath, loss of taste and smell, fever, coughing, sore throat, or muscle ache/pain:
 - a. You may get your child tested for Covid. If the Covid test comes back negative, the student can return to school as long as no vomiting, diarrhea, or fever is present. If Covid test is positive: your student may return on the 11th day from the day symptoms started or the date the Covid test was positive. CDC guidelines may change for school year 22-23.
 - b. Children must be **free of fever (less than 100.0 degrees) for 24 hours** without the use of fever reducing medications (such as Tylenol or Advil / Motrin) before returning to school. Children must be free of diarrhea for 24 hours before returning to school and need to be eating and drinking without any problem. If a child vomits two or more times within 24 hours, they will need to stay home for at least 24 hours to ensure they are not contagious.
 - c. Please call the school nurse if your child has been diagnosed with a contagious condition such as pink eye, strep throat, chicken pox, head lice, impetigo, ringworm, flu or has vomiting and/or diarrhea.
4. Children **are not permitted** to carry medication including cough drops. **ALL** MEDICATION must be administered from the clinic. Over the counter medication for less than 6 weeks **must be accompanied by a note from the parent** authorizing administration of the medication, reason and dose, time and amount. Parents must deliver the medication to the clinic and bring only the necessary amount for school. ALL medication must be in the original container. All prescription medication must be in the original pharmacy container with the child's name, medication date and dosing instructions.
5. Forms for Medications, that will be administered at school during the day, can be found on Meyer website. If you need any assistance, please contact me.
6. When it comes time to fill out the **Beginning of Year Forms**, please make sure to read the Health Information and Emergency Consent Documents clearly and address any health issues that your child might have. This helps to ensure that we can keep them healthy at school.
7. Please ensure that you **keep your contact information updated** in the Skyward Family Access system. There is nothing worse than your child not feeling well and me being unable to reach you.
8. We ask that **ALL** students keep a change of clothes in their backpack, in the event of an incontinent accident, soiled from food or falling in mud: we want to be prepared.