

Welcome back! Here are just a few reminders as we begin our new school year:

- Should your child need any type of medication (over-the-counter or prescription) at school, please fill out the proper medication form. Medication forms can be found on the school website under Parent Resources tab. It is important that we receive your child's medication before school field trips start. Please make sure to bring in the original prescription bottles with pharmacy label. All medications must be brought to school by an adult over the age of 18. Please do not send the medication in your child's backpack.
- Please remember to bring in student inhalers or other respiratory medications that your child may need as soon as possible to prevent any emergencies. The colder months can trigger asthma related episodes, which makes it extremely important to make sure we have the student's medication available. We do go out for recess in both hot and cold weather. If you feel your child cannot tolerate the weather on a specific day due to an existing medical condition, please let me know. Also, remember to bring in an updated emergency action plan for any emergency medications. Your doctor will have a copy of this on file.
- We will soon be approaching the start of flu season. The best prevention for you and your family is getting a flu shot. Our local Health Department does offer the flu shot free of charge for children (small fee for adults) and that information will be sent home with your child as soon as we receive it. Typically they begin late October to early November time frame.
- If your child has suffered an injury outside of school that requires a cast, boot, sling or any type of physical restriction, please contact the school nurse immediately. A physician's note is required documenting your child's physical restrictions at school and length of time.

Please feel free to contact me at any time if you have any questions about your child's health or medications needed while at school. Looking forward to a healthy and happy school year!

God bless,

Mrs. Camie Noe, RN

School Nurse