

Health Information

All MACS schools are staffed with a full-time or part-time registered nurse. In addition to the school nurse there are school personnel trained in CPR and First Aid, who can assist with emergencies.

It is vital that the school nurse/school personnel have accurate contact information and up to date health information for your student(s). Please make sure you provide this at the start of the school year and as applicable during the school year.

Physical assessments by a licensed healthcare provider are required for all new to MACS students and those currently enrolled entering kindergarten, 6th and 9th grades.

Policy for Medication Administration

The MACS policy for medication administration applies to all prescription and non-prescription (OTC) medications. This policy will be followed by school personnel during the school day, after care programs and on school sponsored field trips. This is a NO exception policy that is in place to protect the student, therefor ensuring the safest possible care for your student.

If your child must receive any type of medication during the school day, including over the counter (OTC) medications, the following regulations MUST be followed:

- All medication to be given at school must accompany a Medication Authorization Form detailing the medication, reason, dosage, and administration times. This form must be completed in full by your physician AND signed by a parent/guardian. A completed Medication Authorization Form is valid for 1 school year only and must be completed annually.

- All prescription medication must be brought into school by the parent/guardian and must be properly labeled in the original prescription container with identifying information including the student's name, medication name, dosage, and times to be given.
- All OTC medication must be brought into school in the original manufacturer's container and clearly labeled.
- If your student requires emergency medication such as an **epi-pen, Auvi-Q, rescue inhaler, or seizure medication**, the health room must have an emergency Action Plan completed and on file in addition to the Medication Authorization Form.
- It is preferred for all emergency medications to be given in the health room (especially in grades TK-5) however if it is determined that your student should self-carry their emergency medication, a Self-Medication Student/Parent/Physician Agreement form must also be completed and on file in the health room.
- Medications should be provided at the start of the school year. It is especially important that emergency medications are brought in at the start of the school year for the safety of your child.
- All medication should be picked up by a parent/guardian at the end of the school year. All medication not picked up by the last day of school will be properly disposed of.

If you do not wish to follow the above regulations, you may come to school to administer the medication for your child. School nurses/school personnel will not administer any medication to students unless the proper forms are completed in full, and medications are in properly labeled containers.

Field Trips

Field trip permission slips include a section for authorizing administration of medication while on a school sponsored field trip.

It is the responsibility of the parent to complete the permission slip in full, including the medication section, and return to school on the date provided. To leave campus for field trips, a student must have their emergency medication available.

The school nurse/designated school personnel must have advance notice to prepare medications for school field trips, therefore no medications will be accepted and prepared on the day of the field trip.

During a school sponsored overnight field trip, all prescription, and over-the-counter medication(s) your student may need during the trip MUST be administered by school personnel, even if a student is over the age of 18. The only exception to this policy would be emergency medications such as epi-pens, inhalers, insulin, etc. All necessary forms must also be complete and on file in the health room, including the Self-Medication Agreement, if your student requires such medication.

Illness Guidelines and Protocols

Please notify the school nurse if your student has been diagnosed with a communicable illness such as strep throat, pink eye,

hand/foot/mouth, norovirus, chickenpox, mononucleosis etc. This is very helpful in decreasing the spread of illness.

Fever- Parents will be contacted to pick up a student with a temperature of 100 degrees or higher, or at the nurse's discretion. Please do not send your child to school with a fever. If your child requires fever-reducing medicine such as Tylenol or Motrin to maintain a normal temperature, they should not be at school. Please do not send your child to school until they have been fever free for 24 hours (without the use of medicine).

Vomiting/Diarrhea- If a student has had vomiting and/or diarrhea in the past 24 hours, please keep them home. Their resistance may be low, making them more susceptible to a secondary illness. Vomiting and diarrhea can be very contagious.

Strep Throat- If your student has a positive strep screen or culture, please keep them home for 12-24 hours after starting antibiotics.

Red, Swollen, Inflamed Eyes- If your child wakes up with crusted, matted eye lids or if they are red, swollen, burning, itching, please keep your child home and consult with your physician. Conjunctivitis (pink eye) is highly contagious, especially in the elementary school setting. They may return to school after 24 hours of antibiotic treatment for bacterial conjunctivitis.

Head Lice- Students identified with live lice will be sent home and should be treated with an OTC treatment (Rid, Nix, etc.), prescription medication or lice treatment company. Please consult with your physician for questions regarding best treatment options for your student. Once treated the student may return the next day and should be seen in the health room by the nurse, before going to class. MACS schools follow the guidelines outlined by the American Academy of Pediatrics,

the Centers for Disease Control, and the National Association of School Nurses for the management of head lice in the school setting. A student does not have to be “nit free” to attend school.

The school nurse delivers care to students and is available to administer medication, first aid and emergency care when necessary. The school nurse also acts as a liaison among the student, teacher, parent, and physician.

After evaluating a student, the nurse will contact the parent/guardian if the nurse has determined that the student should go home. Please come promptly for your student. Continuous care for long periods of time is not suitable in a school setting; therefore, prompt retrieval of your student is greatly appreciated.

Vision Screening

Vision Screening will be performed for students in grades 1, 3, 5 and 7. Parents will be notified if the student does not pass or struggles with the exam. Any student may have a vision screening upon request, either by the parent or the teacher. Please contact your school nurse to request a vision screen for your student and/or to update your student's eye exam results.

Health Education

School nurses assist the teachers in presenting age-appropriate health lessons for your student. Topics include, but are not limited to: basic hand washing, nutrition, exercise and rest, water safety, basic first aid, CPR and drug/alcohol awareness.

Student Athletics

MACS school nurses are not directly involved in student athletics. Please contact your school's Athletic Director for specific questions regarding sports physicals, eligibility and medical clearance.