

Hello and welcome to a new school year at Steller Secondary. The nurse's office is working to keep students' medical history and shot records up to date to stay in compliance with the State of Alaska's requirements and provide safe care to students.

Please update your student's medical health history records yearly and as necessary. By updating their medical history your child can continue to receive the best nursing care.

If you have completed any medical forms during online registration, please print and bring them in to the nurse's office, as I do not have access to print these completed online forms.

Immunizations Due - Some students will need an immunization booster shot prior to starting school and during the school year. The immunization must be administered and documentation provided to the nurse prior to attending classes. The State of Alaska has a strict "NO SHOT, NO SCHOOL" policy.

Students with Religious exemptions must now be renewed and notarized yearly. They must be updated **on or after July 1** and **are effective July 1 - June 30**. Previously completed religious exemption forms **will NOT be grandfathered**. Find the form here: http://www.asdk12.org/forms/uploads/religious_exemption.pdf

Screening - Begins this fall for vision, hearing, height and weight for all seventh graders, sophomores and new-to-district students. Seniors will also have one more vision screening.

Please review the information below and complete the required forms if it pertains to your child.

Medication - If your child requires prescription medication during the school day please contact the nurse for the required paperwork or find the form here: <http://asdk12.org/healthservices/forms/>

All medication must be provided in the original container. The nurse cannot administer any loose medication that is sent to school in a baggie. If a student will need over-the-counter (OTC) medication (Tylenol, Ibuprofen, Tums) a

medication form must be parent signed and on file in the nurse's office. The nurse has only those pain relievers on stock, any others need to be brought into the nurse. Find the Long-Term Non-prescription Medication request here under Medication-Related forms: <http://asdk12.org/healthservices/forms/>

Students are prohibited by ASD policy from carrying controlled substance medications to school or to bring in to the nurse, such as those prescribed for ADD/ADHD. An adult must bring in this medication. The nurse requests the parent/guardian to bring in all controlled medications for proper recording. For questions regarding medication administration at school please contact the nurse.

Allergy/Anaphylaxis - Steller is a **LATEX-FREE environment**. Please *Do Not bring latex gloves, balloons, or other items made of latex into the building.*

Parents of children with a known anaphylactic reaction especially to foods, animals, or bee/wasp stings must provide the nurse with an Epi pen and an Allergy/Anaphylaxis Plan completed by a physician and signed by the parent. The nurse reviews the plan and notifies the student's teachers. Teachers are trained to administer the epinephrine auto-injector and it will go with the child on field trips. If you need a copy of the Allergy/Anaphylaxis Plan to take to your doctor please contact the school nurse or find the form here:

<http://www.asdk12.org/forms/uploads/Allergy-Anaphylaxis-Care-Plan-Student.pdf>

Asthma - If your student is prescribed an inhaler, the nurse must have an Asthma Action Plan completed by a physician and signed by parent for student to self carry or to have an inhaler in nurse's office. If you need a copy of the Asthma Action Plan to take to your doctor please contact the school nurse or find the form here: http://www.asdk12.org/forms/uploads/Asthma_Action_Plan.pdf

Seizures - If your child has this medical condition, please have the form below completed by the physician and parent and bring in to the nurse's office.

http://asdk12.org/forms/uploads/Seizure_Action_Plan.pdf

Diabetes - If your child has this medical condition, please have the form below completed by the physician and parent and bring in to the nurse's office.

http://asdk12.org/forms/uploads/Diabetes_Care_Plan_Injection_Pump.pdf

Tuberculosis (TB) - Students who are *new to ASD* (never enrolled before or absent from the district more than two years) must complete the Tuberculosis assessment form below and bring in to the nurse's office.

https://home.asdk12.org/forms/uploads/TB_Risk_Assess_Consent.pdf

PE Excuses - If a student will need to be out of PE for more than three days a written request from a physician is necessary. The excuse must specify the length of the absence (including the return date,) and diagnoses.

Intensives & Travel - If your student is participating in travel for an overnight trip, the health office will need updated medical and prescription medication information. Please check with your student when it is time to prepare for intensives as he/she will have paperwork for you to review and return to the health office prior to intensives.

I hope everyone has a great and safe school year. If you have any questions, please do not hesitate to call the nurse's office at **742-4963**.

Sincerely,
Annette Johansen, M.Ed., BSN, RN, NCSN
Steller Secondary School Nurse