

IMPORTANT NURSE NEWS

Hello and welcome to a new school year at Steller Secondary. The nurse is working to keep your students' medical history and shot records up-to-date to remain in compliance with the State of Alaska's requirements, but needs your help to do so. Please update your student's medical health history yearly and as necessary, so your child can continue to receive the best nursing care. Review the information below and complete any required forms if it pertains to your child. If you have completed medical forms during online registration, please print and bring them in to the nurse's office. The nurse does not have access to your online forms.

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

Students with Religious exemptions must 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**.

Screening - Begins in fall for vision, hearing, height and weight for all seventh, tenth, and new-to-district students. Seniors will be screened for vision.

Medication - If your child requires prescription medication during the school day please contact the nurse for the required paperwork.

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 in stock; any other medication needs to be brought in to the nurse.

Students are prohibited by ASD policy from carrying controlled substance medications to and from school, such as those prescribed for ADD/ADHD. An adult must bring in these medications for proper recording. For questions regarding medication administration at school, please contact nurse Annette.

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 student on field trips. If you need a copy of the Allergy/Anaphylaxis Plan to take to your doctor, please contact the school nurse.

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.

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

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

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.

Find your health forms here <http://asdk12.org/healthservices/forms/>. 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