

Back-to-School Nurse's Notes

Meds, Allergies, and Much More ...

Please read this important health related information:

MEDICATION PROCEDURES

Medication for students while in school

Will your child require medicine at any time the next school year? Parents should make every effort to arrange for medication to be taken outside of the school day. However, there are occasions when it is determined by an authorized Health Care Provider, or a Dentist that a child must receive medication during the school day, either on a regular schedule or in the event of an emergency (such as bee stings, asthma or diabetes). When these circumstances occur, the authorized Health Care Provider must fill out the CCPS consent forms for both prescription and over-the-counter medications. **If you anticipate that your child will need to take any medications next year during the school day, or need emergency medication kept at school, a medication consent form can be downloaded from the CCPS website.** Please read the medication procedure on the CCPS website thoroughly before bringing in medications. **This medication consent form must be filled out in its entirety by the authorized Health Care Provider.**

Does your child have allergies? Remember if your child has **serious allergies and requires emergency medications** including Epinephrine and antihistamines at school, the medication orders are now part of the **ALLERGIC REACTION EMERGENCY PLAN AND MEDICATION ORDERS. It is all on one form. This form may also be downloaded from the CCPS website.**

Transportation of medications is not allowed. Students are not allowed to transport medications to or from school. Depending on the circumstances, violations of the Medication Procedures could be considered a violation of the Carroll County Public Schools Drug and Alcohol Policies, and carry the same consequences as other drug violations.

Non medication that is allowed. It is a CCPS practice that students may carry lip balm, individual sized waterless hand cleanser, glucose tablets, sunscreen, and plain saline lens wetting solution/gtts. Non-medicated cough drops may be used as deemed appropriate by the parent. These are not considered a medication, please just write a note to your child's teacher, and remind your child that they may not share.

See school nurse for discretionary medicine procedure. There is also a new Discretionary Medication Procedure, with CCPS supplied medication, for minor occasional discomfort, for students who are not under the care of a health care provider, with NO diagnosed condition or chronic health concern. A parent may come in to see the School Nurse to obtain and sign this form.

Bringing in your child's medication. At the start of the school year, medications and orders must be brought in together by the parent/legal guardian to the nurse, and counted and checked in with the Nurse. Please have everything together when you bring in medications, including the completed medication order with the medication. We will not accept medications without completed and signed orders. We will not accept large bottles of over the counter medication, and we can only accept a 30 day supply of prescription medications. Please check to make sure that the medication you bring in is an exact match to the authorized Health Care Provider order. The office staff will not accept medications. No medication will be administered by the school unless they are in the original non-expired container, marked for the individual student, and accompanied by the appropriate written and signed permission and directions. If it is a prescription medication it must have a pharmacy label.

Remember the expiration! The expiration date that we are required to go by is the expiration on the pharmacy label. Please record the expiration date in

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your records/calendar, so you know when we will need a replacement.

FOOD ALLERGIES

The importance of not sharing food. This is a reminder that here at CES we have many children with severe, possibly life-threatening food allergies, including peanut, tree nut, milk, soy, shellfish, egg, wheat and many other foods. We also have children with chronic medical conditions that may prohibit them to eat any food that was not provided by their parent. Students may only have food which is provided by their own parent. There can be no food sharing. We also cannot allow any parents to purchase ice cream for their child's friends or class. Please remind your child that eating is prohibited on the school bus. We are asking for parent and student assistance and cooperation in providing these and all students with a safe learning environment.

Safe Table and nonfood notes. The Safe Table Procedure is posted in the cafeteria. Carrolltowne uses nonfood rewards in the classroom. Only non-food items may be sent into school to celebrate a student's birthday. Non-edible items may be shared with the entire class.

LATEX ALLERGIES

No Latex! Due to the presence of Latex allergies, there can be none of the following in the school building at any time, or for any function: no latex gloves, koosh balls, or balloons. (Mylar balloons are safe, since they do not contain Latex)

CHANGE OF CLOTHING

Required change of clothes. It has become difficult to supply clean clothing that is the right size for students when they have spills or accidents. **We are now requesting that students in PreK, ECSN, Kindergarten, and Grade 1 always have a parent**

supplied large ziploc baggie with spare clothes and underwear, (switched out for the appropriate season/ weather) at school, which they can store in their lockers/cubbies. THANK YOU for your help with this!

Thank you for the donations. More needed! Many thanks to all of the families who donated new packages of underwear and clothes to the health room. We are always accepting donations of new packages of underwear and of gently used sweatpants, and elastic waist pants and shorts.

ABSENCE/ILLNESS

Report an absence | Info on injuries. Parents may report an absence by calling 410-751-3530. Parents must follow up by providing written verification of their child's absence from school upon return. Parents may also e-mail an absence to cesattendance@carrollk12.org. Schools may request a physician's note outlining any restrictions/ accommodations if a student has been absent for an extended time, been hospitalized, had surgery, or suffered a significant injury. Students with health conditions which may require frequent and/or extended absence should contact the school to see if supplemental educational support would be available.

Report communicable diseases. Please help us to be aware of any communicable diseases by reporting them in a timely fashion. If you pick your child up from school for any reason during the school day, they must be signed out in the office. Please follow up with a note with a reason for absence when they return to school.

Fever? Vomit? Students who have a temperature of 100.0 or above, may NOT attend school and should remain home until fever free for 24 hours without medication. This will go a long way in stopping the spread of infection. Student who are vomiting due to illness, should also remain home until at least 24 hrs after the vomiting has stopped, to minimize the spread of infection.

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HANDWASHING AND ILLNESS PREVENTION

Washing hands is VERY important! Remember that the single most important way to stop the spread of cold or flu or flu germs is good handwashing! Thanks to all students, staff, and families for practicing good handwashing at home and at school. Our program here has been very successful. Carrolltowne Elementary will continue to ask all staff and students to adhere to our handwashing practice. A copy of the practice is printed below. Please help to promote good handwashing at home. Thank you. *Revised 5/2017*

CARROLLTOWNE HANDWASHING PRACTICE

- 1) All faculty, staff, students, and their families will be educated about the need for proper handwashing to prevent the spread of food allergens (and or germs).
- 2) The school will promote thorough handwashing after eating breakfast at home (before arriving at school) to prevent the spread of any possible food allergens, to any surfaces in the school such as computers, books, gym equipment, musical instruments and all other classroom supplies.
- 3) All students, faculty, and staff will adhere to the handwashing practice before and after eating lunch, or after eating any snack or food while in the school building. After recess or other activities involving visible dirt/soiling of hands, please have students wash hands with soap and water.
- 4) ***The procedure for handwashing will be done using proper handwashing technique at a sink with soap and water, or by using school approved brand of hand wipes for 15-30 seconds.
- 5) **Classes going straight to specials, computer lab or recess after lunch, without returning to their classroom, will do their handwashing before going to those areas.
- 6) Students are allowed to carry small individual containers of any brand waterless hand sanitizer for their own personal use.

SAFE TABLE PROCEDURE

- 1) The designated cafeteria "safe table" will only be used by the safe table group. It will be folded up while other grades with no safe table needs are in the cafeteria.
- 2) The safe table will be at the end of a row of regular cafeteria tables. It only needs to be separated from the regular table by a few inches.
- 3) The table will be cleaned with a separate bucket and cleaning cloth to ensure prevention of cross-contamination.
- 4) All students will wash hands after finishing lunch. (See Carrolltowne Handwashing Practice)
- 5) Those students wishing to sit at the safe table as a friend must have a lunch that is free of the food product in question.
- 6) The teacher will send the lunches of those students who will be sitting at the safe table down to the cafeteria in the morning, to be checked by the cafeteria staff for any overt inclusions of the food product in question.
- 7) Food allergy students sitting at the safe table will have an assigned seat farthest away from the regular cafeteria table. Friends sitting at the safe table will sit closest to the regular cafeteria table.
- 8) If you are a parent who is visiting a child who eats at the safe table for lunch, and choose to eat with your child, there will be a separate designated table at which you must sit.
- 9) If you are a parent who is just visiting and not eating with your child, you may sit at the safe table, in a seat closest to the regular lunch table.
- 10) It is a Carrolltowne practice that students may not trade or share any food either from a packed lunch, or a lunch purchased in the cafeteria.
- 11) Parents will reinforce at home, that if their child believes they have been exposed to a food allergen, or that something is wrong, they are to tell an adult immediately. Students with food allergies will not eat anything at school with unknown ingredients.