

HEALTH INFORMATION

WAYNESBORO PUBLIC SCHOOLS - HEALTH SERVICES

The Waynesboro School Nurses welcome you!
Below are important health reminders for the upcoming school year.

Screenings



Speech, language, motor development, hearing, and vision are all vital in ensuring school success. It is because of this that the Commonwealth of Virginia requires the following screening to take place within 60 days of a student's initial enrollment in a public school.

- Hearing and vision screens will be conducted on all students in grades K, 3, 7, and 10 and on all newly enrolled students.
- Speech, language, and motor movement screens will be completed on newly enrolled students through grade three.

To complete this requirement, Waynesboro Public Schools will conduct these state mandated screenings during the first few months of school. These screenings will be completed by the speech pathologists, school nurses, public health nurses, physical education teachers, and other appropriate school personnel. It is through the screening process that potential problems can be identified and addressed prior to any adverse effect on school performance. You will be notified of the screening process results only if there is a need for further evaluation.

Emergency Care Cards

Please note new format for Emergency Care Card information.

The data required on the Emergency Care Card is **very important** and must be promptly returned to the school. Please fill out the medical information carefully and completely if your child has any medical problems. This may be the only information the nurse has that guides us in providing the safest and healthiest environment for your child at school. **Please keep the emergency care card updated on a regular basis with correct phone numbers and addresses as well as emergency contact person/s and their numbers. Please list any and all numbers where you can be reached.**

Medication Administration



If possible, parents/guardians are requested to give medications at home and on a schedule other than during school hours. If it is necessary that medication be given during the school hours, highlights of the procedures are below:

- **ALL medication** needs to be brought to the school clinic **by a parent/guardian** or adult designee
 - Medications must have an accompanying medication permission form completed by the physician, nurse practitioner or physician assistant.
 - The medication permission form is also to be signed by the parent/guardian prior to the medication being administered.
 - Medication is to be in the original container, provided by the pharmacy, with current label
 - Medication **MAY NOT** be transported by students on the bus or in backpacks
 - Medications in plastic bags or unlabeled containers **WILL NOT** be accepted
 - Students **may not** self-administer medications without authorization by the physician at the elementary level. All prescription medications must have authorization to self-administer at the middle school level as well
 - Narcotics **WILL NOT** be administered at school

Failure to adhere to the medication guidelines may result in suspension of your child from school. It is the parent/guardian responsibility to be sure these guidelines are followed for the health and safety of children in the school system.

Lice

Head lice are tiny, wingless grayish tan insects that live in human hair. Head lice may be a problem in school because children put their heads together or share hair items. Remind your child not to share hats, combs, brushes, headbands, earphones, hair accessories, or towels. If your child has an itchy scalp, has been exposed to lice, or if you find and treat lice in your child's hair, please let your school nurse know. We will be glad to help you in any way. Solving the head lice problem requires teamwork between the school and the home!

PROMOTING GOOD NUTRITIONAL HABITS AND PHYSICAL ACTIVITY IN OUR CHILDREN

Childhood obesity is in danger of reaching epidemic proportions across the United States. The increase stems from poor eating habits, combined with the increasing amount of time that young people spend in sedentary activities such as watching television for long periods of time and playing video games. This problem has severe implications for the health and well being of children and youth. Overweight children now face numerous health problems. Early signs of heart disease among young people are increasing, such as high cholesterol and high blood pressure. In addition, we have seen a huge increase in the number of children diagnosed with type II diabetes which used to be primarily an adult diagnosis. Overweight children are at risk for low self-esteem, poor body image and a lifetime struggle with weight management and related health issues. Parents serve as role models for their children. Please help us to encourage your child's good nutritional habits and to become more physically active.

Dear Parent/Guardian:

Waynesboro Public Schools is proud to have a school nurse and/or clinic aide located in each school to better serve your child's health care needs. We look forward to caring for your child this school year and are available for any questions or concerns you may have. Your child's school nurse may contact you after reviewing your child's completed Emergency Care Card to discuss medications, health concerns and/or the need for an Individual Health Care Plan. Please feel free to call or email your child's school nurse throughout the school year with your questions or concerns.

The following are important reminders for the upcoming school year. We ask for your cooperation to ensure another successful school year.

Medication Please follow the guidelines for medication administration as outlined in the policy manual. Here are some highlights from the medication policy:

- **MIDDLE AND HIGH SCHOOL STUDENTS** – May carry a one-day dose of over-the-counter medication, in the original container, with a written note from a parent/guardian detailing dosage and reason for administration. All prescription medication must have a Medication Permission Form completed by the parent/guardian **AND** physician before the medication can be administered at school.
- It is a **serious** violation for students to share medication.
- Self Medication is a privilege that can be revoked if medication policies are abused or ignored.
- Over the counter medication may be given by designated school personnel with a completed OTC medication form completed and signed by the parent/guardian as long as it meets FDA regulations.

Emergency Contacts Remember to keep addresses, phone numbers and emergency contacts updated on a regular basis on your child's Emergency Care Card as this is our only means of communication in the event of an emergency or a need to reach you regarding your child.

Student Safety Rules Please review traffic safety rules if your child walks or rides a bike to school. Encourage your child to wear appropriate shoes and clothing for outdoor activities as well as the days your child is scheduled for Physical Education.

Wellness Policy Waynesboro Public Schools have joined forces with Augusta Health to help fight the battle with childhood obesity. Please see an overview of the Wellness Policy found in the student handbook. Each school has a list of healthy snacks to choose from and fast food is discouraged for lunches and snacks. Waynesboro Public Schools are committed to providing a school environment that enhances learning and development of lifelong wellness practices that promote student health, prevent childhood obesity, and combat problems associated with poor nutrition.

Please take the time to read the important health reminders on the back of this letter in order to prepare for a healthy school year.

Sincerely,

School Nurse

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