



## Health Center Information

Joyce King, R.N., B.S., M.Ed

Welcome to another school year! I am looking forward to working with you and your family this year. With your help, I will make an effort to afford each student the best opportunity to learn. My responsibility is to keep students in class whenever possible. School should be a healthy environment! My major focus is to maintain that environment and give each student the best opportunity to learn and reach his/her full potential through health education, health assessments, identification of health problems, the making of appropriate referrals and follow-up, and altering the school environment to meet special health needs.

### Health Concerns

It is imperative that you notify the school nurse of any medical conditions your child may have such as diabetes, asthma, allergies, vision or mental disability, etc. This will allow the school staff and me to better serve your child.

### Physical Education (P.E.) Excuses

1. A written parental excuse is required if your child cannot participate in P.E. for three days or less.
2. A written doctor's excuse is required if your child cannot participate in P.E. for more than three days.
3. A doctor's release is required for a child to participate in P.E. following surgery or serious injury.

### Medications (PVUSD Policy)

When it is necessary for your child to take medication during school hours, the following requirements must be met:

1. Prescription medicine must be in the original container with a current prescription label.
2. There must be a written permission from the parent/guardian to administer medication to your child. Name of the medication, dosage, time and dates to be given must be stated on the form. A separate medication form needs to be completed for each medication.
3. Medications are expected to be brought to school by the parent unless the parent has given written permission for the student to transport medications.
4. Students may not keep medication with them or carry medications home from school due to safety concerns.
5. Inhalers cannot be kept in the student's possession without a written doctor's order.
6. Medications brought to school which do not meet the necessary requirements (e.g., in the original labeled container, signed permission form, etc.) will not be dispensed by the nurse and will be kept in a locked cabinet in the Health Center until a parent verifies the medication and follows the procedures for dispensing the medication or picks up the medication.

### **Emergency Card**

Per district policy, parents/guardians must complete and sign the student emergency card to complete registration and enrollment. Please notify the school nurse of any home, work, or emergency phone numbers or address changes immediately so we may update your child's emergency card.

### **Immunizations**

Arizona State Law states that children must have documentary proof of immunization on file at school. It is the responsibility of the parent to furnish the school with the month and year of each immunization for your child. If your child is missing or delinquent in receiving the required immunizations, your child may be excluded from school until the needed immunizations are received and documented proof is presented to the school nurse.

### **Health Screening**

Age/grade level appropriate and program specific health screenings of students (height, weight, vision, hearing blood pressure, scoliosis) are performed each year. You will be notified should the nurse detect a possible problem.

### **Illness/Emergency**

School is not a place for a sick child. Please do not send your child to school if he/she has diarrhea, vomiting, a fever, rash, deep cough, or a communicable disease such as chickenpox, strep throat, pink eye, etc. If you are unsure of your child's symptoms, please call the school nurse before sending him/her to school. You will be notified if your child becomes ill enough to be removed from school, sustains more than a minor injury, or for any other emergency. It is the parent's responsibility to

make arrangements to pick up your ill or injured child as promptly as possible. In accordance with district procedures, elementary students are not permitted to walk home when ill or injured. If your child has been ill with a fever, he/she must be fever free for 24 hours before returning to school.

### **Parent Resource Library**

The Health Center has a variety of resource materials, books, and videos on different parenting issues and guidelines on specific childhood behaviors. You may check them out from the Health Center. I also offer free six week Active Parenting Classes several times throughout the school year.

### **Prevention Programs**

Along with caring for your child's physical health and well-being, I am actively involved with caring for their emotional and social health. Age appropriate prevention programs are scheduled each year for your child's classroom, such as Basic Aid Training (B.A.T.) for fifth grade, B.A.B.E.S. (Beginning Alcohol and Addictions Basic Education Series) for second grade, Get Real About Violence Curriculum for sixth grade, and Get Real About Tobacco for fifth grade. Many other prevention programs are done in the classroom either by myself or the classroom teacher throughout the school year.

Thank you for the time you have taken to read this information. Your cooperation is always appreciated. I welcome your comments, questions, or concerns. Please feel free to stop by the Health Center or call me at **(480) 367-5803**. Have a Happy and Healthy school year!