

**Superintendent's Office**

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**From the Nurse's Office**

Welcome to a new school year! Just a few reminders and healthful hints from your school nurse!

**Forms:** Emergency Care Information forms are to be completed by parents/guardians each year. It is important to be able to reach you in case of a medical emergency, so please return these forms to your child's teacher as soon as possible. Please list as many emergency contacts as possible with current contact information so that we can locate someone to care for your child if you are not able to be reached.

**Medications:** Whenever possible, medication should be scheduled during non-school hours. However, in the event your child needs medication during school hours, please be sure to have the "**Authorization to Administer Medication**" form completed by your child's physician and returned to the school nurse. All medications (prescription and non-prescription) must be sent in the original container, sealed, and labeled with the child's name. Non-prescription medication (Tylenol, Advil, cough syrup, etc) may not be administered without physician authorization according to California state law. All medication must be hand-delivered to the nurse's office by a parent/guardian. Children should not be transporting medication to school in their backpacks or lunch boxes.

**Clothing:** At times, children may soil or rip their clothing. We do not have clothing to give them. If your child has ongoing bathroom issues, please put an extra change of clothes in their backpack for personal use.

**Screenings:** All students in Kindergarten, 2<sup>nd</sup>, 5<sup>th</sup>, 8<sup>th</sup> grades, as well as students who have individualized education plans will have vision and hearing screening performed this year. If there is an abnormal finding, parents will be notified by letter. Please contact the school nurse if you have any concerns regarding your child and the screening process.

**Illness/Injury:** If your child is ill or injured during school hours, he/she will be assessed by either a health aide or our District Registered Nurse. You will not be contacted each time your child visits the school nurse; however, in the event your child appears to have a serious illness/injury, every effort will be made to notify you. Children with temperature of 101 degrees or higher will be sent home immediately. Please keep students home from school until they remain fever-free (below 101 degrees) for 24 hours without fever-reducing medication. Children with other symptoms of a possibly communicable disease will also be sent home from school at the discretion of the school nurse. If your child has been diagnosed with a possibly contagious illness, such as flu or strep throat, please notify the school nurse.

**Lice:** Head lice are a common community problem. They are not dangerous and do not transmit disease. The health aide or school will notify parents of students with lice or nits and recommend treatment. If a student has active lice, they will be sent home. If the student is only found to have a small amount of nits, they will be sent home at the end of the day. The student may return to school the next day if they have received treatment. Whole classroom head lice checks are not done because they have been found in research studies (by the American Academy of Pediatrics, National School Nurse Organization) to not be linked with a reduction in head lice cases, but are strongly linked to an increase to bullying. Please treat your home and student thoroughly and recheck them frequently since "Super Lice," or treatment resistant head lice are present in California.

**Food Allergies/Outside Food:** Many students have food allergies. It is imperative that parents notify the school nurse and child's teacher of any food allergies as soon as possible. In order to keep all students safe, we ask that parents **DO NOT** bring outside food, other than lunch and healthy snacks for their own child's consumption. **A food allergy can turn into a potentially life-threatening situation.** Parents are encouraged to consider books, pencils, or other non-food items for parties, birthdays, and end of year celebrations. If food is brought, please make sure it is store bought, sealed with the ingredient label intact.

Please contact me at [kpapa@lousd.k12.ca.us](mailto:kpapa@lousd.k12.ca.us) or 530-308-7068 if you have any questions or concerns. Have a safe and healthy school year!

Kathy Papa, RN-BSN

**Live Oak Unified School District Nurse**