

Superintendent's Office

Mathew Gulbrandsen
2201 Pennington Road
Live Oak, CA 95953
(530) 695-5400
FAX (530) 695-5403

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Michele Curiel
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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 needs to be completed or updated in Aerie's, by parents/guardians to start the new school year. It is important to be able to reach you in case of a medical emergency, so please get this done. 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, signed by you, and returned to the school nurse. This form is available for you to download and make copies on the district web page under "Wellness" and "Forms". **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. **We have a new form for OTC medications** on our webpage for you to take to your child's physician. Providing this to us will eliminate our need to contact you for minor aches. 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.

Screenings: All students in Kindergarten, 2nd, 5th, 8th 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 100 degrees or higher will be sent home immediately. Please keep students home from school until they remain fever-free (below 100 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 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 can remain in school. Students with active lice, may return to school the next day if they have received treatment and no live lice are seen. 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 or 530-308-7068 if you have any questions or concerns. Have a safe and healthy school year!

Kathy Papa, RN, BSN, SNSC
Live Oak Unified District Nurse