

Central City Community School Health Practices

The Central City School District employs a half time nurse and health aide to administer medications and treat injuries and illnesses that occur during the school day. The school nurse provides assistance to classroom teachers as needed.

Students who become ill or injured during the school day must get a pass from the teacher or office prior to going to the school's health office. The student shall report to the school office with a pass from the health office staff if he/she is being sent home. A student may not simply leave school because he/she feels ill.

Parents will be notified of any illness or injury in need of immediate care. In the event the parent/guardian cannot be reached, contact names listed in the Powerschool Emergency Contact/Medical page will be notified. If phone numbers or emergency contact information in Powerschool changes during the school year, either update the Powerschool information or inform the office so the appropriate changes can be made. This is for the safety of each student.

Students who have medical appointments during the day must have a parent call indicating the appointment and time necessary for leaving school. This call should be made to the attendance office in the morning prior to the start of school. The student must sign out at the office before leaving for the medical appointment. All students missing school because of doctor or dental appointments must bring a slip from the medical office in order for the absence to be excused.

Immunizations

It is the policy of the Central City School District that all students enrolled in their schools must be in compliance with the Iowa State Immunization Code or they may be excluded from school. Students, parents or guardians must submit a valid Certificate of Immunization or Certificate of Immunization Exemption form to the school on admission. The forms are kept on file in the health office as long as your child is a student in the district. Prior to entering 7th grade, an updated immunization record including the immunization for tetanus, diphtheria and pertussis (Tdap) is required. Each fall a state audit is conducted.

Illnesses

Each day many parents are faced with a decision: should they keep their sick child home or send them off to school. The following guidelines should be considered when making this difficult decision. A student should remain home or will be sent home from school when he or she:

- Fever of 101 degrees or higher
- Vomits or has diarrhea
- Coughs almost constantly or complains of difficulty breathing
- Exhibits abdominal pain for more than two hours
- Has sores on mouth or skin that are crusty, yellow or draining
- Shows symptoms of contagious diseases such as chicken pox, mumps, whooping cough, strep throat
- Has constant runny nose with green or yellow discharge
- Displays an unexplained skin rash or red eye (with or without crusting/drainage)

Students may return to school after they are free of any fever for 24 hours without fever reducing medications and when the student is able to participate comfortably in daily school activities.

Injuries

From time to time an injury occurs at school and treatment must be started immediately. Parent/guardian will be notified of any injury in need of immediate doctor's care. In the event the parent/guardian cannot be reached, individuals identified in the Powerschool Emergency Contact/Medical page will be contacted.

Recess or PE Excuses

If you feel your child needs to be excused from outdoor recess or PE due to health reasons, parents may send in a request for up to 2 days. If more than 2 days are requested, a doctor's note is required.

Medication Administration and Health Care Service Policy

School medications and health care services are administered following these guidelines:

- All medications that are to be given during the school day must be accompanied by a signed, dated authorization to administer medication and/or provide the health care service. The form is available in the school health office. No medications will be given without written parental permission. The completed form will include the medication/health care, dosage, route, time to administer at school, any further administration instructions, and date to discontinue or re-evaluate.
- The prescription medication must be in the **original, labeled container** as dispensed. The medication label contains the student's name, name of the medication, strength of medication, student's dosage, time and route of administration, and date. Many pharmacies will provide two labeled bottles if requested.
- Over-the-counter medications must be in the **original, labeled container** as dispensed. Only over-the-counter dosages can be administered with a parent's written permission. If the necessary dosage amount is different than the label, a physician's prescription is required.
- Authorization is renewed annually and immediately when the parent notifies the school that changes are necessary. If the dosage changes at anytime, the parent or guardian must sign a new statement indicating the change.
- Students with asthma or other airway constricting diseases may carry and self-administer their medication upon approval of their parents and prescribing physician. Authorization signed by parent and physician must be on file in the health office and renewed yearly.
- If your child is taking medications on a regular basis at home, please contact the school nurse so she is both alert to the problem and can watch for any adverse effects.
- All medications will be kept in a closed, locked container.

Over-the-counter medications of acetaminophen, ibuprofen, cough drops, and antacids will be available to students in school to help improve school attendance in students who would otherwise go home for minor discomfort. The over-the-counter medication can be administered by the licensed registered nurse or person who has successfully completed a medication administration course using written protocol for minor alignments using approved dosage of over-the-counter-medication for age and weight. No over-the-counter medications will be administered without written or e-registration consent from parent or guardian.

Hearing Screening

Grant Wood Area Education Agency (GWAEA) screens all students in Alternative Kindergarten (AK), kindergarten, and grades 1, 2, and 5. Students in the Early Learning Program with IEP's will be screened. Students in grades 3, 4, middle, and high school, who are new to the school, that don't have a documented normal hearing test, and some students with a history of known hearing loss will also be tested. Follow up testing may occur periodically if previous hearing test results were not within normal limits. Parent/guardians not wishing their child's hearing tested should notify the health office in writing at the beginning of the year. Parents/guardians with concerns about their child's hearing should contact the school nurse.

Dental Screening

Good dental care is important to a child's health. Iowa law requires that any child who is newly enrolled into an Iowa Public kindergarten or ninth grade class must provide the school with proof of a dental screening. The Certificate of Dental Screening form is available in the health office.

- The requirement applies to kindergarten and ninth grade students only.
- A screening for kindergarten may be performed by a licensed dentist, dental hygienist, nurse, advanced registered nurse practitioner, or physician assistant.
- A screening for ninth grade may be performed by a licensed dentist or dental hygienist only.
- Screenings performed by out-of-state providers are allowed.
- The Iowa Department of Public Health Certificate of Dental Screening is the only acceptable form.
- A screening for kindergarten is valid from age 3 years to four months after enrollment date.
- A screening for 9th grade is valid from one year prior to enrollment to four months after enrollment date.

Vision Screening

A parent or guardian of a child who is to be enrolled in a public or accredited nonpublic elementary school shall ensure the child is screened for vision impairment at least once before enrollment in Kindergarten and again before enrollment in the 3rd grade. To be valid, the vision screening shall be performed no earlier than one year prior to the date of enrollment and no later than six months after the date of child's enrollment into both Kindergarten and third grade. A vision screening may be conducted by a physician, advanced nurse practitioner, physician assistant, local public health department, public or accredited nonpublic school, community based organization, free clinic, or child care center.

Vision screening is done yearly for grades 1, 3 and 5. High school students are not routinely screened. Eye health is important. A routine eye examination with an eye specialist is highly recommended on a yearly basis.