



HEALTH GUIDELINES

Dear River Families,

As you know, funding for many school programs have been cut and health services to students is among them. This year, I will again be serving as River's volunteer school nurse. I have been a registered nurse for 29 years. Some of my background includes a Masters Degree in Nursing as a Family Nurse Practitioner and I currently work as a Critical Care RN at Petaluma Valley Hospital.

As River's Volunteer School Nurse, I will facilitate State required health screenings, serve as a health resource, act on the Wellness Committee and provide health education to staff and students. Although my schedule does not permit me to be at school on a regular, daily basis, I try to be there most Fridays and many Mondays. I am always available through e-mail at: clohrentz@rivermontessori.org. My personal cell phone # is: 707-484-7635. You are encouraged to contact me with student health concerns. Parents/guardians of students with serious health issues are asked to meet with me to create an Individual Student Health Plan (ISHP) which will be shared with RMCS Staff, updated as needed and be maintained in the Student's health file.

STUDENT HEALTH: Studies show that students are more likely to achieve their academic goals if they have had 9-10 hours of sleep, eat a nutritious breakfast and have had adequate physical exercise. Students are asked to bring a nutritious snack to be eaten during class time. River's forthcoming Wellness Policy will provide guidelines for foods cooked at school as well as foods sold at school, during events or brought in for celebrations. The Centers for Disease Control recommends that children receive 60 minutes of aerobic exercise daily. <http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>

ILLNESS AT SCHOOL: Students who are sick should stay home. This means that children who have diarrhea, fever, or are coughing should remain at home until they are well. Students starting antibiotics should be at home for 24 hours before returning to school. Students who come to school sick will be sent home. Flu vaccine and a Pertussis booster are recommended. Families will be notified by e-mail if exposure to a contagious illness, for example "pink eye," has occurred in the classroom.

MEDICATIONS: Students on prescription medications and Over-The Counter (OTC) medications should take them before they come to school or after school whenever possible. RMCS will not administer OTC medications except in the case of allergies that flare up when students go out for recess or on walks. Medications are only administered when accompanied by a Health Provider's signature and in the original package. (Forms are available on line and through Administration). Children who are severely allergic and carry their own emergency medications for self-administration are allowed to do so with a written note from their parent/guardian stating that they are competent on self-administration and signed by their Health Provider. Parents/guardians should monitor expiration dates on their student's medications and replace them as needed.

HEAD LICE: RMCS intends to conduct school wide head lice checks after each break. We count on you to check your student weekly at home for head lice preferably on Fridays so if found, they can be treated over the weekend. Please treat with an effective OTC lice treatment and notify RMCS. Children with known active lice who receive treatment may return to school the following day with the box top of the treatment used. The parent/guardian is responsible for daily combing with a lice comb for nit removal. (See RMCS policy on head lice)

SUN SAFETY: Children are especially vulnerable to the harmful effects of the sun's UV rays. Sun protection is encouraged at River. Your child may wear a hat, sunscreen and sunglasses when outdoors at school. The UV index is tracked by some classrooms and sun safety is discussed in all classrooms. Sunscreen should be applied before school. The EPA recommends a brand of sunscreen that has an SPF of at least 15 and protects against both UVA and UVB radiation.

ALLERGIES: We have students with severe, life-threatening allergies to all nuts and sesame. All food brought into school whether packed in lunches, made in our kitchen or sold in fundraisers on site must be free of nut and sesame products.

Here are some things to be aware of for the coming year:

* Students will not be allowed to start at River without a copy of a completed immunization record (or completed waiver)

* Children with asthma (requiring an inhaler at school) need to have an "asthma plan" filled out by their Health Care Provider. We can provide a form if your Health Provider does not have one.

* It is so important that we have an updated and complete health history form so that we are aware of allergies and chronic conditions for your student. Parents/guardians are responsible for notifying River of illnesses, allergies, and updating emergency information.

* We strongly recommend that your family be immunized against Pertussis and flu.

* Prescription medications need to be signed in and out with the School Administrator. They must be accompanied by our form signed by a Health Provider and be in the original bottle. Try to avoid scheduling medications for your child during school time whenever possible. If your child requires an epi-pen for severe allergic reaction, please consider supplying the school with two pens. One for indoors and one to be kept near the play area.

* Over-the-counter medications will not be administered by School Staff except in the case of allergy medicines. We encourage students to learn how to instill their own eye drops and nasal sprays whenever possible. You may come to school to administer OTC medicines as well. OTC allergy medicine to be administered by River staff needs to have your child's name on it, be in a plastic bag, with the River medication form filled out and signed by your Health Provider.

* Hearing and Vision screening will be provided per the education code applying to all public schools.

* Hand washing and "cough etiquette" (sneezing into your elbow) will be taught, modeled and emphasized. Please model this and teach this to your student.

* All First Graders are required to have an Oral Health exam by May 31st of their First Grade year. These forms are available through River Administration and also on the River website.

Communication is key to a healthy school year for everyone. Please feel free to contact me with health related questions. Let's all work together to keep our students and staff in the best of health this year!

Cindy Lohrentz, RN, MSN
Volunteer School Nurse