



# COMPASS ROSE

## Health and Wellness at Compass Rose

The primary goal of the Health and Wellness Department at Compass Rose Public Schools is to help all students reach their maximum potential by keeping students healthy and ready to learn. The campus health aide, a vital part of our team, provides health education, illness and injury prevention, early detection and treatment of illness, and quality skilled intervention for acute and chronic health needs. They are not a substitute for a student's regular medical care but rather work to encourage parents or guardians to be aware of their student's health status, inform them of health concerns or needs, and guide them to use the services of their physician, dentist, and community health agencies. The Health and Wellness Department follows the policies, requirements, and regulations established by the Texas Education Agency, the Texas Department of State Health Services, the Texas Board of Nursing, and Compass Rose Public Schools.

### CLINIC

The school clinic is used for emergencies and student health care. Any student who is too ill to attend classes will be sent home. Students may only leave school once the appropriate office staff has cleared them, and a parent, guardian, or emergency contact person has been approved to take them home. The Medical Advisory Committee has approved the following standard first aid over-the-counter products:

**Triple Antibiotic Ointment • Vaseline/Petroleum jelly • Anti-itch lotion • antiseptic cleanser • toothache pain reliever • Sting Relief • Salt water gargle/rinse • eye wash/drops • heating pad • ice packs**

If you object to using any of the above products for your student, contact your campus health aide by phone, email, or in writing.

### HEALTH AIDES

The health aids also aim to take proactive measures. They are available for conferences with parents or guardians, teachers, and physicians to promote and ensure the health and safety of all students. If parents or guardians wish to discuss their student's health or have questions about a health program, please notify the campus's health aide. This proactive approach ensures that potential health issues are identified and managed early, providing reassurance about your child's well-being.

### FEVERS

If a student develops a fever (temperature greater than 99.9°F) at school, parents or guardians must pick them up immediately. The student must be fever-free for 24 hours without the use of anti-fever medication before returning to school. Parents or guardians should not give students anti-fever medicines to keep them in school. This policy helps reduce the spread of contagious illnesses and ensures that students get enough rest and time to recover before returning to school.



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If a student has a temperature of 103.0°F or higher, the campus health aide will notify a parent, guardian, or emergency contact person. If the campus cannot get a hold of anyone after an hour, 911 will be called, and there is a potential that EMS will need to transport your child to a local hospital. This safety precaution is taken because of the high fever's impact on a child. High temperatures can cause febrile seizures and put the student and their health at risk.

## **BECOMING ILL AT SCHOOL**

Parents and guardians must promptly pick up their child from school if they show symptoms of a contagious illness, including pinkeye, COVID-19, strep throat, or the flu. Students with symptoms of an infectious disease will be allowed to attend school once they have received proper treatment and their condition has improved. A doctor's note may be necessary for students to return to school.

## **POSSESSION AND SELF-MANAGEMENT OF EMERGENCY MEDICATION**

Students meeting requirements established in the Texas Education Code Chapter 38 Health & Safety section 38:015 are permitted to possess their prescription asthma and anaphylaxis auto-injectable medication with the completion of required forms submitted to the campus health aide by both the parent and the prescribing physician, who must sign all the documents annually. Students who meet the requirements and carry their prescribed asthma medication or anaphylaxis auto-injectable medicine (with a proper pharmacy label) are responsible for their treatment and will be subject to disciplinary consequences for any violation of law, District Policy, or the Student Code of Conduct.

## **MANAGEMENT OF DIABETES**

A Diabetes Management and Treatment Plan, developed by the physician and the parent or guardian, is required for students with diabetes who need treatment or care at school or a school-related function (Texas Health and Safety Code, Chapter 168). The campus health aide will keep the student's diabetic monitoring supplies and required medication in the clinic and administer them to the student when scheduled or needed. Students who use treatment supplies and equipment for diabetes are responsible for their supplies and medication refills.

## **MANAGEMENT OF SEVERE LIFE-THREATENING FOOD ALLERGY**

Any student with a parent-reported or physician-documented severe food allergy must have a current written physician's order and a severe allergy action plan on file with the campus health aide. Compass Rose, in compliance with SB 27, 82 Legislative Session, has a comprehensive food allergy management plan. Key elements of the plan include the following: identification of students with food allergies at risk for anaphylaxis; development, implementation, and monitoring of Individual Health Care Plan (IHCP) and Emergency Care Plan (ECP); reducing the risk of exposure within the school setting; training for school staff for recognition of anaphylaxis



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and appropriate emergency response; and post anaphylaxis reaction review of policy and procedures.

## **USE OF CRUTCHES/WHEELCHAIRS/ASSISTIVE DEVICES PROCEDURE**

If your child has had surgery or has been injured and is required to use a wheelchair, crutches, a neck brace, or any other assistive device. At the same time, at school, the student must abide by the following safety procedures to provide reasonable accommodations during school activities or emergency events:

1. Before a student is permitted to use a wheelchair, crutches, or any other assistive device during school activities or events, a physician's statement is required, specifying the specific limitations and duration of use.
2. Another student will be assigned to assist in carrying your child's books, and an adult employee will push the wheelchair if a student cannot do so under a physician's orders.
3. Both students will be dismissed from class five minutes earlier to facilitate their arrival at the bus on time at the end of the day.
4. The school district is not responsible for any injuries resulting from the use of wheelchairs, crutches, or other assistive devices.
5. The student will be subject to disciplinary consequences for any violation of law, District Policy, and the Student Code of Conduct if found misusing devices, such as wheelchair races, etc.
6. The campus wheelchair is intended for emergency use only and should not be used for daily student activities.
7. Parents or guardians are responsible for obtaining crutches, wheelchairs, and other assistive devices prescribed by their physician.
8. All devices require proper fitting and training by the prescribing provider for appropriate use at school.

## **STUDENTS WILL NOT BE RELEASED TO ANY PERSON WHO IS NOT LISTED AS AN ALTERNATE ADULT OR EMERGENCY CONTACT.**

### **EMERGENCY CARE**

If students are hurt or become seriously ill at school, and the parents or guardians cannot be reached by telephone, they will be transported by EMS to an emergency room.

### **HEALTH CONCERNS**

If students have a health concern requiring medication during the school day, the prescribing Texas-licensed physician must complete a Medication Administration Consent form. The form



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must be completed annually and whenever there are changes to medication, dose, procedure, or treatment. Health concerns and related information will then be shared with the appropriate school staff to provide proper care and safety for the students.

## MEDICATION

Parents or guardians must provide all medications for administration during instructional hours. The school offers no over-the-counter products, except first aid products approved by the Compass Rose Medical Advisory Committee.

Parents should deliver all medications to the school clinic, where they will be kept securely. Teachers are not authorized to hold or administer medications in the classroom. Students may not carry medication (prescription, non-prescription, homeopathic products, vitamins, or over-the-counter health products) on their person, in their lunch box, purse, or book bag/backpack, on the school bus, or place these types of items in their locker, except for a doctor-approved, self-carry asthma inhaler or EpiPen. There are severe disciplinary consequences, including suspension, assignment to an alternative education program, or expulsion, for possessing, carrying, distributing, or placing over-the-counter and prescription medications in the places listed above.

Health aides will only accept medication with the required authorization from both the physician and the parent. All medications must be in their original prescription containers. Medication brought to the clinic in containers such as, but not limited to, plastic wrap, bags, foil, jars, paper towels, or envelopes will not be administered.

Parents or guardians must pick up any unused medication from the clinic when discontinued or at the end of the school year. The health aide will dispose of all medication not picked up by the parent or guardian at the end of the school year. **FOR THE SAFETY OF ALL STUDENTS, HEALTH AIDES WILL NOT SEND MEDICATIONS HOME WITH STUDENTS, AND STUDENTS MAY NOT BRING MEDICATION TO SCHOOL**

**Prescription Medication:** Short-term prescription medication will only be administered according to the instructions on the prescription container and must be accompanied by a written request from the physician and the parent or guardian. When the prescription is filled, ask the pharmacist for an extra labeled bottle for school use if necessary. If there are changes in the dose of medication or if a medication is discontinued, written notification from the parents or guardians and the physician is required. Changes in the dose of medication require a new written prescription from the doctor and a new prescription label on the medication.

The prescription label and the physician's order must match at all times. All sample medications provided by a physician for school administration require written authorization from the physician and the parents or guardians. Routine medicines given daily must be accompanied by written consent from the prescribing physician and signed by parents or guardians. The health aide will administer the medication according to the instructions on the prescription container. Orders



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expire according to the doctor's instructions or at the end of the school year. Should the student attend summer school, the order will remain valid throughout the summer program, but will expire upon completion of the summer school program.

**Non-Prescription Medication:** The Texas Board of Nursing has passed a new regulation requiring school nurses to have a doctor's order and parental consent to administer over-the-counter medication. Once both consents are received, medication administration will be carried out as stated in the prescription medication section of this document.

## **SCHOOL HEALTH SCREENING PROGRAMS**

Students are screened in accordance with the Texas State Board of Education Rules and the school health programs mandated by the Texas Department of State Health Services.

### **ACANTHOSIS NIGRICANS SCREENING**

All first-, third-, fifth-, and seventh-grade students will be screened for a skin marker around the neck that potentially indicates high insulin levels in the body. High insulin levels create a potential risk for the future development of Type II Diabetes. Students with skin markers will also be weighed and measured, and the health aide will take their blood pressure. The health aide will send a referral letter to parents or guardians if a medical evaluation is recommended.

### **VISION AND HEARING SCREENING**

The campus health aide will screen all pre-kindergarten, kindergarten, first-, third-, fifth-, and seventh-grade students, as well as new students entering the school and students referred for special education evaluation, for vision and hearing abnormalities. The health aide will send a referral letter to the parents or guardians if any abnormality is noted.

### **SPINAL SCREENING**

Girls in fifth and seventh grade and boys in eighth grade will undergo screening for spinal curvatures. The health aide will send a referral letter to the parent or guardian if any abnormality is noted. In each screening program, parents or guardians who receive a referral letter are asked to schedule an appointment with their physician or specialist. The student's physician or specialist should complete, sign, and return the referral to the campus health aide. Please do not hesitate to contact the campus health aide for assistance in finding community agencies or other resources.