



Welcome to Saco Middle School!

**Welcome to our new 6th graders and welcome back to our 7th and 8th grade students!
Please take a moment to review a few quick reminders and guidelines regarding the
School Nurse's office:**

- I am here to support students who experience health issues or injuries during the school day. If your child is too unwell to remain at school, I will reach out to you or your designated emergency contacts—so please ensure your contact information is up to date on file. Please note that all health-related dismissals must be processed through the School Nurse; students are not permitted to text or call home directly for dismissal.
- Please let me know if your child has a health condition that requires medication or support while at school. I will gladly work with you to put a plan in place and provide the required permission forms.
- For student safety, please do not send prescription or over-the-counter medication to school with your child. School policy prohibits students from carrying medication. The only exceptions are emergency medications like EpiPens and inhalers, provided the proper permission forms are completed and on file with the nurse.
- For any health concerns or injuries that occur outside of school, please have your child evaluated by their healthcare provider.
- Please keep in mind that many students at SMS have severe food allergies. To keep everyone safe, please do not send food to be shared unless explicitly requested by a teacher or staff member.
- If your child plans to join a school-sponsored sport, please ensure we have a current sports physical on file. Sports physicals remain valid for two years from the date of the exam.
- Annual vision screenings for our 7th graders are typically conducted in November. If you do not wish for your child to participate, please reach out to the School Nurse to opt out.
- Please note that Tdap and Meningococcal vaccines are required for entry into 7th grade. We encourage parents of current 6th graders to speak with their healthcare provider to ensure these immunizations are completed before next school year. Once completed, please submit a copy of the record to the School Nurse.

Use this quick guide to decide when to keep your child home. If symptoms persist for more than 24 hours or worsen, please contact your healthcare provider:

- Fever: Temperature of 100°F+ (or under 100°F if achy, pale, or unusually tired).
- Stomach Ache: 2+ episodes of vomiting/diarrhea, or 1 episode in 24 hours with fatigue or illness.
- Runny Nose & Sneezing: Frequent sneezing or a continuous, uncontrollable runny nose.
- Sore Throat: Accompanied by tender, swollen glands or a fever of 100°F+.
- Cough: Frequent, barking, producing phlegm, or paired with wheezing or a sore throat.
- Earache: Severe or constant pain.
- Rash: Blistering, draining pus, or causing significant discomfort.

Best Wishes for a Happy and Healthy School Year!

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