

Welcome to the 2026-2027 school year. I am excited to be with your children this year and as always, I will work to make school safe and healthy for them. I will also help them learn more about advocating for their own health needs.

I am starting my 15th year at Beye School as the school nurse. I continue to learn something new every day. Please feel free to reach out with any concerns/questions/helpful information about your student.

Please read all the way through to see what applies to you and any health requirements your child may need.

For Kindergarten families and families new to Illinois Schools,

Welcome to Beye School!

I am writing to inform and remind you about the needed State Health Requirements for your child/ren.

- ☐ **Kindergarten families and new to Illinois families:** A physical exam must be submitted along with a complete immunization record. Physical is valid if done within one year prior to the first day of this school year. (So, valid if done on or after August 26, 2025)

PLEASE be sure to complete/sign and date the parent/guardian section on the physical.

PHYSICALS and IMMUNIZATIONS MUST BE RECEIVED before the start of school day Monday, October 15, 2026, to avoid exclusion from school. However, the sooner, the better.

- ☐ **A vision exam performed by an Optometrist or Ophthalmologist is required for all children entering Kindergarten or an Illinois school for the first time.** (A vision Screening done by your pediatrician or preschool does not suffice). Due by October 15th, and valid in the one year prior to the first day of this school year.
- ☐ **A dental exam is due for all children in Kindergarten by May 15th, 2027.** Valid dates of exam are: 11/15/2025 to 5/15/2027.
- ☐ **A lead level is required for all children in Kindergarten under 6 years of age.** This may have been done at any time when they were younger, please check with your MD. This is required because Oak Park is on the list of high risk zip codes for lead.

If you need any medical forms, you can find them [here](#)

Some of you have submitted health forms, either emailed to me or uploaded during registration. Thank you. For some of those submitted documents during registration, only one page of the physical may have been scanned and received, or a form may be outdated or blurry. I will be reaching out to those of you for which I am missing a page, or if missing needed information.

Feel free to email me the documents for health requirements. If you are unable to scan /email, please let me know. I can give you a tip for scanning with an iPhone if you have one, or we can work something else out. If you are sending in health documents with your child, you must let me know so things do not get lost. Please always keep copies of all health documents for your own records.

For all Families

Does your child have health concerns that would require an action plan? If Diabetes, Seizures, Food/life threatening allergies, Asthma, then yes. Please read on:

An emergency action plan is required for school and must be completed by your physician/medical provider at the start of each school year. **You must also sign and date that plan. A medication authorization form should also be completed by your medical provider and you.** Click [here](#) for that form. This must accompany any emergency medication to be stored at school. Medication must be in its original packaging with prescription attached and unexpired. By law, kids can self carry epipens and inhalers with the appropriate paperwork. **I prefer to have an inhaler and epipen in my office, and prefer for inhaler use to occur during the school day in my office so I can assist and assess and communicate home.**

Note : Children should NOT be carrying any other medication at school of any kind,including: eye drops,cough drops, topical steroid creams,supplements, tylenol, ibuprofen, etc. No prescription or over the counter medication. All of those items require a medication authorization form completed by the physician and signed and dated by the guardian and stored in my office.Please see below.

If your child/ren have any **food /life threatening allergies**, please use [this](#) form.

If **asthma**, please use [this action plan](#)

If your child has **Diabetes**, please reach out to me and we can go over what would be needed for school.

If your child has **seizures**, please use [this form](#).

For any other medications at school, please use [this Medication Authorization form](#).

Does your child require any medication to be administered during the school day, on a regular or daily basis? If so, please contact me, so we can plan and work together.

Always check to see that you have signed and dated your health documents.I can not accept them if that is not done.

Need a quick check list for medication needs?

- ☐ District 97 medication authorization form completed, signed and dated by the provider and guardian and is current for the new school year
AND
- ☐ Action plan(for asthma, seizure, allergy, diabetes) completed signed and dated by the provider and guardian
- ☐ Check that medication is unexpired and in its original container
- ☐ Keep a copy of all forms for yourself

Important for all families this school year:

- We are a nut safe district. **Please do not pack nuts/nut containing foods for your child**, and once you find out the allergies that exist in your child's classroom, please work to send healthy snacks for your child that are nut safe and classroom allergy safe. If a child has multiple allergies, I will work to help make a safe plan. We used to allow nuts to be consumed in the lunchroom, but given the way lunch rotations have worked in recent years, we did not have designated nut safe tables; the whole lunchroom was and will continue to be nut safe. Tables are thoroughly cleaned between lunch groups/ shifts. Please let your children know there is NO SHARING of food/drink. Everyone should eat/drink their own lunch and snack items. If you are used to peanut butter for your

child, please know there are some other accepted, safe alternatives you can send like: sunflower butter or soy butter.

- One other piece of important information around food. We do not allow food celebrations in our district. That means, no food/drink brought in for birthdays, parties, end of year, etc. Do not give other children food/drink if you are a chaperone on a field trip. Do not buy them food or drink of any kind. Please work with your children's teachers to come up with other creative ways to celebrate, there are many!
- Please pack a change of pants and underwear for your child, no matter the age. Things happen: spills, muddy grounds, toileting accidents, vomiting, etc. I want to help preserve your child's dignity and sometimes, I do not always have clothes that fit or are as comfortable as a child's own, but will do the best I can when the need arises. PLEASE LABEL ALL BELONGINGS FOR SCHOOL!

If you are bringing me medication the first few days of the school year, **I will come to meet you in the main office to receive these items. Please buzz the office upon your arrival.** As you know, those first few weeks are very busy and an email to let me know when and what you plan to bring would be super helpful. *Please do NOT send any medication or health paperwork to school with your child.* The office staff can not accept medication; I must receive it to review and check.

This is a lot. I know it. I am almost done. **Perhaps one of the most important points I save for last; PLEASE do not send your child to school if they are sick. Please look at district guidelines, but here is the gist:**

- Temperature of 100.0 degrees or more is considered a fever: Your child should be fever free (without acetaminophen or Ibuprofen) for 24 hours before returning to school.
- If your child vomited or had diarrhea during the past 24 hours, please keep them home.
- Strep throat: Your child must be on an antibiotic for 24 hours before returning to school (and fever free if a fever is present.)
- Swollen or red eyes that itch and are draining: Your child must be on an antibiotic for 24 hours before returning to school for bacterial conjunctivitis and drainage free and/or a note from the doctor. Work to have your child keep their hands from their face and practice good hand hygiene.
- Moist, productive cough, chest congestion, or discolored nasal discharge.
- An unusual rash, a blistering rash, or a rash associated with a fever: Your child should remain at home until you have sought medical attention and your child is deemed not contagious (a note from your doctor may be required).

Please be sure your child feels well enough after illness, sometimes the fatigue is overpowering and extra rest is warranted.

I genuinely care; this community, our kids and the staff mean so much. I want our kids to be able to attend school and learn. We want to keep the Beye families and their extension safe and healthy. Thank you in advance for your help and partnership.

Things that can help to promote health: practicing hand hygiene, reinforcing who are the trusted adults for your child, working on healthy dietary and sleep habits, encouraging physical activity and taking brain breaks from screen time, asking for help and support if things feel stressful and or overwhelming. Reach out if you need us.

Cheers to health and safety,

Nurse Shilpa
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