

## **HEALTH SERVICES**

### **\*\* FOLSOM IS A NUT-FREE SCHOOL DUE TO STUDENT ALLERGIES \*\***

**We support the American Academy of Pediatrics: Bright Futures recommendation that all infants, children & adolescents have an annual well care visit with BOTH a pediatrician and a dentist.**

#### **Staff**

**Health Assistant:** Ms. Cody Fiala, NREMT; works under supervision of the GISU School Nurse (RN)

School days, 7:30 - 3:15 || [cfiala@gisu.org](mailto:cfiala@gisu.org) || 802-372-6600 x 3103

**GISU District Nurse:** Ms. Kristie Barber, RN

Friday ½ day at Folsom || [kbarber@gisu.org](mailto:kbarber@gisu.org)

**The mission of the Health Office at Folsom Education & Community Center is to maintain a healthy, safe and nurturing environment for all students & staff.**

#### **Health Office Staff Responsibilities:**

- Treat minor ailments of ill & injured students; call parent when early pick-up is necessary.
- Dispense medication to students
  - *Only when all required authorization documents are complete & provided to the Health Office*
- Maintain student immunization & health records; contact parent when information is missing
- Help students, their parents & doctors manage chronic illnesses or significant medical conditions at school
- Report annual immunization & asthma data to the State of Vermont
- Plan & implement health services, including: mandated vision & hearing screenings for students in Grades K, 1, 3, 5 and 7; instructional programs on puberty with 5th graders; other health-related instruction deemed important, such as hygiene
- Contact parent when a student is absent with no parent having notified the school office

#### **Annual Student Health Form Requirement**

At the beginning of each school year, Parents/Guardians must complete the [Annual Health Update & Emergency Authorization Form](#) for their student(s) enrolled at Folsom. This required form:

- Alerts us to your child's current health needs, including allergies & illnesses that may require life saving attention at school
- Lets you permit or restrict your child receiving over-the-counter medications stocked in the Health Office, including Ibuprofen, Acetaminophen and Benadryl, which your child may request at school.

#### **Medication at School Requirements**

***Students are not allowed to bring any medication to school.*** An adult must bring all medications - prescription **and** non-prescription - in the original container with all appropriate labels. Bus drivers cannot deliver your child's medication to school.

***If a physician prescribes medication for your child to receive at school or in case of a health emergency,*** an adult must bring their medication in its original pharmacy container to the Health Office, along with a [Student Medication Order & Permission Form](#) signed by the physician and parent/guardian with all relevant sections completed. The pharmacy can provide you with a separate prescription container for school.

***Life saving health emergency medications at school also require an Action Plan*** which must be completed by the parent/guardian and the child's healthcare provider; it must be provided to the Folsom Health Office.

- [Annual Asthma Action Plan](#)
- [Annual Allergy Emergency Action Plan](#)

***If your child is permitted to Self-Administer their life saving health emergency medication at school,*** complete a [Student Medication Possession & Self-Administration Form](#). The physician must provide the documentation described in the form and the parent/guardian must provide it to the Folsom Health Office.

***If you want your child to receive a non-prescription medication at school, including cough drops,*** bring the medication in its original packaging to the Health Office, plus a [Student Medication Order & Permission Form](#) with the relevant sections completed. If you would like your child to receive herbal or homeopathic medication at school, additional requirements apply, as described in the [Grand Isle Supervisory Union Medication Policy](#).

**Field trips:** Individual doses and prescribed life saving Health Emergency medications will be packed by the Health Assistant and sent with the classroom teacher or assistant to administer. These adults will receive complete instructions on the medication and its administration.

### **Immunization Requirements**

- **Vermont's immunization law** requires vaccination of all children enrolled in childcare or school. Immunizations protect individuals *and* our community.
- **An official immunization record for your child** must be presented to the school upon admission. If a student does not meet the vaccine requirements he/she may be admitted provisionally only after the school nurse approves a compliance plan for the child. Failure to meet requirements may result in exclusion.
- If your child receives any **booster immunizations**, please notify the Health Assistant so the child's school health record is accurate.
- Vermont Law currently allows for religious exemptions, which must be signed annually by the parent/guardian & provided to the Health Office annually, and medical exemptions, which must be signed by the child's health care provider and provided by the parent/guardian to the Health Office. Students whose parents claim an immunization exemption may be excluded from school during the course of a disease outbreak.

### **Illness**

- **Expectations:** We expect children to come to school relatively healthy and fever free. However, because of the number of students at school, parents should assume that their children will be exposed to communicable and nuisance diseases, such as the flu, head lice, whooping cough and strep. Please notify the school if your child contracts something contagious. When the Health Assistant or teacher knows of several cases within a classroom, they will notify parents of the children in that classroom.
- **Required absence for illness:**
  - Students who have experienced **vomiting or diarrhea** can not return to school until 24 hours after the vomiting and/or diarrhea has stopped.
  - Students with a **fever over 100.0 F**, cannot return to school until 24 hours have passed without a fever and without receiving fever-reducing medication.
  - Students who are **prescribed antibiotics** must take the medication for 24 hours & feel well before returning to school.
  - Students with a **productive congested cough** cannot attend school. Coughing spreads germs throughout the air and quickly infects others. Please teach your children to cover coughs and how to properly wash their hands with soapy water.
- **Required early dismissal for illness:** If your child becomes ill during the school day, the Health Assistant will call you or an emergency care person you've named on the Annual Registration form, to come pick up your child.
- **Recess:** Children are not kept in from recess for health reasons unless the Health Office has received a note from the child's health care provider. If students are too sick to go out to recess, they should not be attending school.

**Together we can reduce the spread of sickness in our school and community!**

### **Injury**

- **At School:** If your child is injured at school, they should report it immediately to a school adult. If it is a serious injury, the school will contact the parent. If it is an emergency situation, an ambulance may be called immediately and the parent/guardian notified afterward.

- **At Home, Significant Injury:** To ensure your child's safety at school, the Parent/Guardian is expected to notify the Health Assistant of any significant injury your child receives at home and to provide the documentation you receive from their health care provider regarding restricted physical activity requirements during recess, Physical Education class, and school sports.

**Insect Repellent:** No student may possess insect repellent at school. A parent/guardian must bring their desired insect repellent to the Folsom Health Office & complete all relevant sections of the [Student Non-Prescription Medication & Permission Form](#). Insect repellent will be stored securely in the health office & applied to the designated student as specified by the parent/guardian in the Permission Form.

**Sunscreen:** Only when a parent/guardian has provided relevant permission on the [GISU Annual Health Update Form](#), or in a separate written communication to the Folsom Health Office, may their student possess & self-administer a topical, *non-aerosolized* sunscreen at school. No aerosol sunscreens are permitted. No student may share their sunscreen with another student.

## **Health Resources & Guidance for Parents / Guardians**

### **Immunizations**

[Vermont Immunization Requirements for Grades K-12](#)  
[Additional VT Immunization Requirement to Enter 7th Grade](#)  
[Additional Information about Immunizations](#)

### **Head Lice**

Children with live head lice detected at school do not need to be dismissed early. However, the Health Assistant will promptly notify the student's parent/guardian so you can obtain the necessary home-treatment products. Students may go home at the end of the day, receive treatment at home, and return to school once appropriate treatment has begun. Successful treatment should kill crawling lice; nits may persist after treatment, and should be removed by parents during thorough & repeated inspections at home.

[Head Lice: What Parents Need to Know](#) (American Academy of Pediatrics)  
[Head Lice General Information](#) (Centers for Disease Control)  
[Head Lice Management in Schools](#) (National Association of School Nurses)

### **Pink Eye**

All children with symptoms of pink eye should be seen by a health care provider as pink eye caused by bacteria & viruses is very contagious. The Health Assistant will contact the parent/guardian for early pick-up when the symptoms are observed at school.

- A child with viral pink eye can return to school once they have seen a doctor & when eye drainage and rubbing of eyes has stopped.
- A child with bacterial pink eye who is prescribed antibiotics must stay home from school until they've taken the antibiotics for 24 hours & when eye drainage and rubbing of eyes has stopped.

[Pinkeye](#) (University of Vermont Health Network)  
[Conjunctivitis / Pink Eye](#) (Centers for Disease Control)

### **Covid-19**

[Guidance for Covid-19](#) (Centers for Disease Control)

### **Health Office Recommendations**

- This district & school board support the American Academy of Pediatrics (AAP) recommendations for an annual comprehensive well-care visit to the medical home (primary care provider).
- Early and Periodic Screening, Diagnostic, and Treatment (EPSDT or Children's Medicaid) is a comprehensive and preventive healthcare program for children and youth (up to 21 years of age) receiving Medicaid benefits. Through EPSDT, children receive health screenings and medically necessary diagnostic and treatment services for identified conditions. One of the EPSDT program objectives is to ensure that

children receive appropriate health services and that their full learning potential is not threatened by poor health.

- It is recommended that all children have a dental home. Based on oral health risk assessments, primary care physicians or health providers recommend referring to the dentist as early as six months of age and no later than 12 months of age. (AAPD, 2018)