

Health Office Information: If you have any questions or your child has any special health concerns, you can reach the school nurse, **Kathy Bell** at **742-8201** or bell_kathy@asdk12.org.

- If your child will need medication this school year (including inhalers), a new Long Term Medication form must be submitted. If your child will be on medication for ADHD please try and bring the form and pills to school August 15th. If that is not possible and you need to bring it on the first day of school, please be prepared to wait as paperwork is reviewed and the pills are counted. ASD policy prohibits students from bringing prescription medication to school it must be brought in by an adult. Some over-the-counter medications may be administered by the school nurse upon parental completion of the Nonprescription Medication Request form. **All medication must be provided in the original container. Loose pills that come to the school in a baggie will not be given.**
- If your child will participate in after school sports and has severe allergies requiring an epinephrine auto-injector you must provide one for your child to carry during this after school activity. Be sure that the coach knows where your child's epinephrine auto-injector will be kept so it can be retrieved quickly in case of an emergency.
- Please be sure that your child's hepatitis and tetanus immunizations are up to date. Those students who are out of compliance with their hepatitis and tetanus shots will be excluded from school and their class schedule will be withheld until proof of immunization is provided. Immunization reminder letters will be mailed, in August, to all students who will be out of compliance by the start of the school year.
- **All PE excuses are handled through the nurse's office.** Have your child bring the PE excuse to the nurse, not the PE teacher. The nurse will make alternative placement arrangements and notify the teacher. **If a student will need to be out of PE for more than three days a written request from a physician is necessary.** The note must indicate the reason for, and specify the length of, the PE exclusion and include a return date. When a physician writes a PE excuse for two weeks or less the student will be placed in the Library. In order for students to obtain course credit, PE excuses greater than two weeks require the student be assigned to another class, until cleared to return to PE by their physician.
- PPD tuberculin testing is required by Alaska State Law for all students in 7th grade and new to our school district. This is an intradermal injection instead of the "prong" test. Parents/guardians will be required to sign a new permission slip for this TB test. The form is included in the 7th grade registration packet. Exemption from testing is permitted if you provide results from a PPD skin test given within six months prior to the school entry or a physician states that testing would be injurious to your child's health. A child who had a BCG vaccination is not assured to have any safeguard against tuberculosis therefore **BCG is not an exemption from tuberculosis testing.** There is no exemption from tuberculin testing for religious belief or personal objection. If you wish, you may have your family physician administer the test and bring the results to the school nurse or FAX them to her at: 742-8260.
- **Students becoming ill during the school day must report to the nurse.** If it is necessary to go home or to a doctor, the nurse will inform the parent/guardian and the student will be released from school.
- Although we stress the importance of good attendance, a student who appears ill should remain at home. Please do not send sick students to school to be examined by the school nurse. This may unnecessarily expose many others to illness. The school does not provide any medications for a student who has a sore throat, headache, upset stomach, or fever.