

## FROM THE SCHOOL NURSE:



### Good Basic Health Habits

ST. THOMAS AQUINAS  
CATHOLIC SCHOOL



- Water: the beverage of choice, make it the first choice for your family
- Healthy Diet Everyday: junk food as an *occasional* treat
- Make sure your child has a healthy breakfast every day!
- Daily quiet time to unwind, relax
- Daily physical activity; fresh air and outdoor play
- Adequate sleep: Most kindergarteners need a consistent bedtime between 7:00 p.m. and 8:30 p.m.
- Clean body, clean clothes. Coats/mittens/hats/boots when the weather is cold. There are a limited number of extra uniforms and underwear in the Health Room. It's a good idea to keep a clean change of clothes in the backpack in case of mud, spills, and accidents.
- Teach your child to wash his or her hands frequently using plenty of soap and warm water. Proper hand-washing should take about 20 seconds or the time it takes to sing "Happy Birthday" twice.
- Teach your child to cover coughs and sneezes with a tissue or their sleeve.
- Keep the child's environment tobacco free.
- Try to minimize the time your child spends with other children who have cough or cold symptoms.
- Keep an annual well-child exam to follow changes in your child's health.
- Please do not send your child to school if they have had a fever of 100° or vomiting/diarrhea within the last 24 hours.
- Keep all of your child's immunizations up-to-date (The Centers for Disease Control and Prevention guidelines now recommend a flu vaccine for most children aged 6 months up to their 19th birthday).
- Limit the amount of time your child spends on a screen.**

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**Health Conditions** (for example: Allergies, Asthma, ADD/ADHD, Seizures, Diabetes, Chronic Headaches, Orthopedic Issues, Mental Health Issues, Dietary Restrictions): If your child has health issues that affect how they feel and participate in school, please come and visit with me so we can best determine how to manage his/her health condition during the school day. If your child has a severe allergy, he/she will likely need to keep an Epi-pen at school to use in case of exposure. These are kept in the health room.

**Immunization Requirements: All immunizations must be current according to the Kansas Requirements before admittance to school.** These are found on the **Kansas Certificate of Immunizations (KCI) revised on 1/2026.** Please be sure that your physician is using the correct form. These forms also can be obtained through the Health Room. Make sure your child receives his/her kindergarten boosters before the first day of school; then provide a copy of his/her immunization record with documentation of the booster vaccinations, as well as vaccines received as an infant, to the school office. **Any child without proper documentation of up-to-date vaccinations will be eligible for exclusion starting the first day of school.**

**Screenings completed at school:** Screenings are conducted routinely for vision for grades K, 1, 2, 3, 5, 7; as well as hearing for grades K, 2, 5, 8; and dental for grades K-8. You may opt-out when you complete the PowerSchool online registration.

**Medication Policy:** It is advisable that, whenever possible, medications be administered at home. However, in the event that your child requires an inhaler or nebulizer for asthma or prescription medication during the school day, a current **“Request for Medication to be Administered During School Attendance”** form **MUST BE signed by BOTH you and your physician** and MUST accompany this medication before any medication can be administered to your child by the nurse or my delegate. These forms are available in the nurse’s office. This rule applies to **prescriptions, as well as over the counter medicines, including cough drops.** You will need to bring in the prescription doses needed at school in a bottle; labeled by the pharmacy with the child’s name, doctor, name of medication, and prescribed dose. Over the counter medications must be in the original packaging, and have the student’s name on it. All medication is kept secure at the health office, except for certain older students who have a current **“Self-Administration of Emergency Medications”**. This form must be signed by their parents and healthcare provider in order to carry their own emergency medications (inhaler, Epi-pen, etc). Medication will not be administered to your child without signed permission from you and your child’s doctor. These forms are also available through the Health Room and online, and must be renewed each school year.

**Illness/Injury Management in the Health Room:** Minor injuries and routine care for chronic health conditions are managed in the health room. We will call you or your designee in case of: injuries beyond minor, fever, vomiting/diarrhea, an exacerbation of a serious health condition (asthma, migraine, etc.) or if your child’s condition prevents him/her from participating in the classroom. In case of a life-threatening emergency, we will call 911 first, and then the parent.

**Good Attendance Habits:** School attendance is important; at kindergarten you establish the habits your child will live with for the rest of his/her life. While it is important to stay home when ill, every absence means missed lessons and experiences with classmates; it’s hard to feel and be successful if you are behind in your schoolwork. Organize clothes, schoolwork, lunch, permission slips, etc., the night before so you aren’t frantically looking for things in the morning.

**Current Emergency Contact Information:** Remember if you change telephone numbers at home, work or cell to update the information you’ve provided the school to contact you in case of emergency. This can be done by logging on to your PowerSchool account.

**New School, New Germs...:** Bear in mind that your child’s first year in school will bring exposure to new germs. Sometimes it may seem like you are constantly battling illness. Keep up with the good basic health habits and be assured that your children will adjust to the new environment. As your children get older, they will build antibodies that allow them to fight off the common viruses and recover more quickly from the illnesses they do catch.

**Sick Day Guidelines:** When a child is sick, it is sometimes difficult to know when to send them to school and when to keep them home. Below are a few guidelines of when your child should be kept at home:

- **FEVER:** A child with a temperature of 100° or above should be kept home even if there are no other symptoms. Any student with a temperature of 100° or above will be sent home from school even if there are no other symptoms. A child should remain home until his/her temperature has been normal for **24 hours**, without having to use Tylenol or other medication to keep it normal.
- **VOMITING:** A child should not be sent to school until the vomiting has been absent for at least 24 hours.
- **PINK EYE:** Should be kept at home if child has red, itchy, watery or puffy eyes with discolored drainage. If your child awakens with crusty, sticky drainage on their eyelashes (which sometimes seals the eye closed); this is a very good sign of pink eye. Pink eye is also called bacterial conjunctivitis and is very contagious. It is spread by contact with the discharge from the infected eye, by the respiratory tract of infected persons, and/or by contaminated fingers, clothing or other articles the infected person may have touched. This infection requires medical treatment

from doctor. Antibiotic eye drops are the usual treatment prescribed. A child must stay home until the antibiotic eye drops have been given for at least 24 hours and the eyes are no longer draining.

OTHER: If your child has had strep throat or other bacterial infection, the child should be kept home until the antibiotic has been given for at least 24 hours.

IT IS VERY IMPORTANT THAT WE HAVE AN ALTERNATE PERSON ON YOUR CHILD'S ENROLLMENT CARD IF YOUR CHILD BECOMES SICK OR IS INJURED AT SCHOOL. If a student becomes ill after arriving at school, school staff will notify the parent or parent-designee and place the ill child in the nurse's office or designated area until the child is picked up. The child **MUST** be picked up in a reasonable amount of time (within 30 minutes). Also keep us up to date with any changes in phone numbers, contacts, etc.

**Food Allergies:** We have a number of students with severe food allergies. No foods containing any of the allergic ingredients are allowed in the child's classroom. Please complete a current **Meal Modification** form for the lunchroom for all students with food allergies.

*An open invitation to you....* Please feel free to visit with me if you have any questions or concerns about your child's health at school. It is an honor to be part of your child's education and a joy to watch them grow.

Carrie Hagan, STA RN for 2026-2027 school year

Health Office Hours: 8:00 a.m. until 4:00 p.m. when school is in session.

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