

Lincoln High School Nurse's Office

From the desk of Nancy **Plummer**, RN----School Nurse Teacher

I hope you all enjoyed a healthy and restful summer. I am providing information that I hope to be helpful as we begin the 2020-2021 school year.

Save the date.....

All Seasonal Flu Clinics for Lincoln Public Schools will take place at Lincoln Middle School Cafe. The dates are October 14, 2021 & November 9, 2021, from 4pm-7:00pm. Ages 3 and up are welcome. Please go to www.thewellnesscomp.com to register. (You must register in order to receive a flu vaccine)

On the first day of school, your child will receive a packet during advisory from the nurse's office. The packet includes a letter explaining the forms, an over-the-counter medication form, and an emergency card which needs to be filled out (both sides) with all the appropriate contact numbers, and health information. Please sign the back of the emergency card as well. If you would like your child to receive Tylenol/Advil/Tums at school, please fill out the over-the-counter consent form. Please have your child return the forms to his/her advisory teacher as soon as possible.

If your child has had any changes in his/her medical status, please call or email the nurse's office at 334-7531/ nplummer@lincolnps.org, so I can update your child's health record, and make appropriate accommodations if necessary.

Also, if your child needs to receive a prescription medication or an over-the-counter medication other than Tylenol/Advil/Tums while at school, a doctor's order and a prescription medication form needs to be filled out. Per the Lincoln Public Schools Medication Policy, students are not allowed to self-administer or carry any medication (Prescription or Over-the-Counter) during the school day. The only exception is an EPI-PEN for life threatening allergies, or a rescue inhaler for Asthma. Please refer to the student handbook for the medication policy. I have outlined the policy below...

Medication Policy (Secondary Level) (Per LHS handbook)

No person except the School Nurse may accept medication of any kind from a parent or student.

Over the Counter (OTC) Medications

Students may carry OTC medications to school and deliver it to the School Nurse/Teacher. Medication must be in the original manufacturer's container.

- An OTC medication permission form must be signed by the parent on a yearly basis.
- The School Nurse/Teacher will administer the medication in the Health Clinic.
- Tylenol, Advil, and Tums are stocked in the Health Clinic. The dosage administered is according to label instructions. **Higher doses require a doctor's order.**
- Under no circumstances will a medication be administered without a parent's signature, unless the student is 18 or over.

Prescription Drugs

- Requires a doctor's written order and parent's signature—preferably on a medication form.
- Medications that are dosed once a day will not be administered at school.
- Students may carry prescription medication to school and deliver them to the School Nurse/Teacher upon arrival.
- All medications must be stored in their original prescription-labeled container.

Inhalers/ EPI-PEN

Parents must inform the School Nurse if their child requires an Inhaler or EPI-PEN.

Students are allowed to self-carry and self-administer inhalers and EPI-PENS, but

- **A written doctor's order needs to be on file with the School Nurse**
- **Requires a written agreement between the doctor, parent, and nurse that the student is capable and reliable to self-carry and self-administer these medications.**

Controlled Substances (i.e. Ritalin, Adderall, Dexedrine, etc.)

A student may carry his/her own medication to school and deliver it to the school nurse immediately upon arrival to school.

- The student and school nurse will count the medication together and sign for the delivered amount. The only exception to this policy is in the case of a field trip. (See field trip policy)
- **All medication shall be stored in the original prescription labeled container.**
- A licensed health care provider's written order shall be provided.
- A written parent authorization shall be obtained and verified by the school nurse/teacher.

A student shall be prohibited from sharing, transferring, or in any other way diverting his/her own medication(s) to any other person.

Medication Administration at off-site School sponsored Activities (i.e. Field Trips)

Students may self-carry and self-administer a day's supply of medication, including a controlled substance, during an off-site school -sponsored activity. Said medication shall be supplied by the parent and stored and transported in its original prescription-labeled container (in the case of a non-prescription medication). In the case of a prescription medication, a licensed health care prescriber's written order shall be provided, if it is not already on file in the school. A student shall be prohibited from sharing, transferring, or in any way diverting his/her own medication(s) to any other person.

High School Athletics—Sport Physicals

"Any student participating in a sport at the High School must provide the school nurse with written evidence of a physical exam and clearance to play a sport on a yearly basis. If the clearance expires during the season, an update is required to complete the season" -- LHS Student Handbook. Physicals are valid for one year. **An up-to-date physical is required for tryouts.** This mandate is by the Lincoln School Department and is for the safety of the children

The Nurse's Office is merely the record keeper and is not in the position to waive this requirement. Athletes may turn in their physicals to the Nurse's office directly for filing. Any student can also have their physicals faxed to LHS from their doctor as well. ***Our fax number is (401) 334-8753.***

Vaccinate Before You Graduate Program.....

The Vaccinate Before You Graduate (VBYG) program is open to **all** high school students. The goal of the program is to have all students "caught up" on their vaccinations. This is a free service provided by the R.I. Department of Health. The Meningococcal vaccine will be available for 12th grade students who need the vaccine. The HPV vaccine is available for males and females. The Hepatitis A & Meningococcal B vaccines are also available. I recommend that you check with your child's physician to see if vaccines are needed. If your child is in need of a vaccine, they can receive them at the VBYG clinics. The Clinics will take place in the Nurse's Office. Information will be sent to you in the fall from the Department of Health. **The first Clinic will be sometime in November. Information to follow.**

Dental Screening (TBD)

Rhode Island State law mandates that all students must have a dental exam during their secondary school years (between grades 6-10). It has been past practice that 9th grade students be screened. Please submit documentation from your child's dentist stating that they were seen in their office. If I do not hear from you, I must assume that your child will participate in the screening program here at the high school.

Thank you for your cooperation. Please do not hesitate to call me if you have any questions or concerns.

Vision screening (The first day of school, 9/1)

Rhode Island State law mandates that vision screening be completed in the ninth (9th) grade. Per RI State regulations, "If satisfactory evidence is presented to the certified school nurse-teacher that the same screening or series of tests has been completed within the preceding six (6) months by the student's ophthalmologist, optometrist, or primary care provider, the student shall be exempt from this screening requirement for that school year". Documentation should be sent to the health room directly.

If you have any questions or concerns, please call me anytime at 334-7500 ext. 1131 or 1122.

Respectfully,

**Nancy Plummer, RN
School Nurse Teacher**