

# Elementary Health News



Our Cedar Falls School District website has **so much** information to share. Please take the time to check it out. Here are some roadmaps for a couple things that you may need on our website [www.CFschools.org](http://www.CFschools.org)

**Health Information and Forms:** Click on the **PARENTS** tab, then on **Health and Safety**. When you get to that page, click on the **Targeted Wellness Goals** box. Then you can choose **Health Services** on the list on the left. At that point, there are many items of interest, including allergies, illnesses, medications, immunizations, and forms. The downloadable forms are under the link called **Required Medical Screenings and Forms**.

**Your school information:** Click on the **SCHOOLS** tab, then on your school. This will give you the building info on the **About our School** tab. You may also click on staff to find teacher emails.

**OnLine Registration:** Click on the **PARENTS** tab, then on **Registration**. Follow down the links on the left side to find the **registration** links. This is for all returning students.



## IMPORTANT NEWS

Elementary school will be dismissed at 1:50PM the first five days of school. So, on Aug. 23-29 the dismissal bell will be ringing at 1:50.

**NEWS ABOUT MEDICATION Administration:** Our form is new and improved!

As you begin filling out school medication permission forms, you may notice a few changes. Here are the important changes and things to remember when planning medication administration for your child at school:

- 1) Medications are only allowed to be given by trained school staff or health office staff during school hours or approved arrival and departure times. If your child attends a school activity or an extracurricular outside of regular school hours, the health office staff is not able to administer medication.

- 2) For the safety of all of the students within the Cedar Fall School District, it is important that students not transport medications to school. If you are unable to bring in a medication, please have a responsible adult do so for you.
- 3) Medications must be in the original bottle with appropriate pharmacy labeling. (If you have a medication to be given at school and home, generally the pharmacy will dispense free of additional charges, two bottles with what is needed for school and home separately- both with appropriate labeling).
- 4) ALL over the counter medications must arrive at school an **unopened** bottle. Parental/guardian written instructions will be followed when they are age appropriate as the listed dosing per the bottle's instructions. If your child must take a dose larger than the recommended amount, we must have written consent from a prescriber (nurse practitioner, physician assistant, doctor).
- 5) Products containing aspirin will *not* be administered without a prescriber's written order. (Be careful of migraine medications, as those often contain aspirin which is generally not recommended for children under the age of 19.)
- 6) Herbal medications cannot be administered at school per the Iowa Code.
- 7) If there are doses remaining after a medication has been discontinued, a parent must pick up the medication within 30 days of it being discontinued.
- 8) General medications *cannot* be sent home with students. Emergency medications may be sent home with a student with written permission from a parent/guardian. Those medications are; Epi-pens, inhalers, nebulizer, seizure medications, and diabetic supplies.

If your child will be taking medications at school, please take the time to read through the medication consent carefully and complete it thoroughly to avoid delays in administration of medication(s). If at any time you have a question about medication administration at school, please contact your school nurse. We are more than happy to assist you or your child at any time.

**Attention parents of preschoolers, kindergarteners, and third graders:**

Your student's grade is participating in vision screenings this year. If your child has seen an eye doctor recently, please complete a vision certificate. These forms can be found online, but your eye doctor will also likely have the form available. If your child does not see an eye doctor, they will receive a vision screening during the 18-19 school year. If you have not yet received an Iowa KidSight form, you will see one in your child's belongings during the first week or so of school. The Iowa Lion's club donates their time and completes a vision screening which is explained on the permission form. This will be done for preschool and kindergarten students. 3<sup>rd</sup> grade students will have a screening performed by the school nurse unless they have a vision certificate. If you do not want your child to participate in vision screenings, please contact your school nurse directly to decline.

Attention preschool and kindergarten parents:

During registration you likely received a dental certificate form. This is to be filled out by your dentist. The form can also be found online @

<http://www.cfschools.org/health-and-safety/health-services/medical-screenings>

but your dentist will also likely have the form available. If your child is unable to go to the dentist, please contact your school nurse for assistance.