

Health News for 7th - 12th Grade Students

To find [Health Information and Forms](#): follow these easy instructions to Health Office information and forms on our website www.CFschools.org

Hover the cursor over the **PARENTS** tab, then scroll down and click 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**.

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 extracurricular activity 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 9th graders:

All 9th graders are required to have a dental screening or certificate from their dentist indicating that they have had a dental screening. Please have your dental office complete a dental certificate for care received. These can be found online @ <http://www.cfschools.org/health-and-safety/health-services/medical-screenings>

Your dentist will likely have one available as well. If your child does not have a dentist and you need assistance please contact your school nurse.

Vaccine Requirements: 7th and 12th grade students 2018-2019:

When scheduling your medical provider visits keep in mind that the Meningococcal Vaccine, specifically A/C/Y/W vaccine, is **REQUIRED** for all incoming students **entering 7th and 12th grades for the 2018-2019 school year**. Students must have the vaccine **prior to the first day of school** to attend and will not be permitted to attend until the vaccine has been administered. Incoming 7th graders have an additional requirement of a Tetanus, Diphtheria, and Pertussis (Tdap) vaccine booster. Contact your student's health office if you have questions.

Sports Physicals and Code of Conduct forms:

Please watch for upcoming information on when and where to turn in these forms.

Sports Physicals: (Athletic Physical/Code of Conduct Form) All students participating in a sport must have a complete physical on file before he/she can participate in practice. The physical form can be found on the district website. Please review it carefully during the physical exam and be sure that all signature lines are completed by the provider. Please keep a copy for your records.

Code of Conduct: (Athletic Physical/Code of Conduct Form) A Code of Conduct form must be completed annually and signed by both the student and parent/guardian. Please watch for news on turn in dates. Please keep a copy for your records.