

REHOBETH ELEMENTARY SCHOOL

Mrs. Blaire Peterman, R.N. is our elementary school nurse.

Mrs. Peterman services our elementary school students with over 1067 students on roll she is dedicated to ensuring that the health and safety of all students is a priority.

Mrs. Kelli McCart, R.N. is also located on the elementary school. She services middle/high school students as well as elementary as needed. Mrs. McCart works in collaboration with Ms. Peterman to ensure that all students are well cared for.



All questions referring to medication and procedures must be referred to the school nurses. Teachers may not administer medication to students at any given time. Parents that need to bring medicine to their child must go through the school nurses station.

Key Notes

ALL CHILDREN (REGARDLESS OF THEIR AGE) SHOULD BE FEVER FREE FOR 24 HOURS PRIOR TO COMING BACK TO SCHOOL!!!

PARENTS WILL BE NOTIFIED TO COME CHECK THEIR CHILDREN OUT FOR THE FOLLOWING CONDITIONS:

1. Temperature >100.5
2. Repetitive vomiting
3. Repetitive diarrhea
4. Lice (nits as well as live bugs)
5. Injuries requiring medical or parental assistance
6. All other complaints that nurses feel would be best handled by parent.

It is our pleasure to assist you in taking care of the health of your children during this school year. Please feel free to call us with questions or concerns that you may have. Please be advised due to the magnitude of students that we may see in a given day it may be difficult to call you for every trip your student makes to the nurses office. If you ever feel that you need to call or schedule a time to talk with us regarding your student please feel free to call us.

OVER THE COUNTER MEDICATION REQUIREMENTS (MOTRIN, TYLENOL, COUGH MEDS, BENADRYL, ETC)

1. Must be brought into nurses office by parent or guardian
2. Must be in original unopened (brand new) bottle

3. Must be age appropriate- (ex) (students who are 11 can not take meds if instructions say for 12 years old and older)

4. Parents must fill out appropriate Medication Authorization Forms

Medication requirements for Prescription Drugs (given to you by your doctor);

1. Must be prescribed by physician.

2. Must have a doctor's signature on a PPA form (many doctors office's have these forms for you to fill out in their office) It must be filled out by physician before we can administer the medication to your student.

**THANK YOU FOR YOUR ASSISTANCE IN KEEPING ALL
STUDENTS SAFE AND HEALTHY!**

Fend off the Flu

Play hand-washing police. Kids should wash hands with soap and water often, especially

- Before, during, and after preparing food
- Before eating
- After using the bathroom
- After handling animals or animal waste
- When their hands are dirty
- When someone in your home is sick

Because thorough hand washing should take 10 to 15 seconds, make it fun: Count to 15 in another language, or sing the alphabet song.

Tell your kids their face is off-limits. The flu virus enters through the eyes, nose, and mouth, so kids (and adults) should never touch their faces unless they've just washed their hands.

Keep your distance. Encourage your kids to steer clear of people who are sick-or feel sick.

Avoid sharing food, drinks, and utensils. Ask your kids not to share drinking glasses-and to break off portions of food and to pour off beverages before consuming them. Then they can share the food with others.

Make sure your children get enough sleep. Too little sleep can make kids feel run-down and lower their immunity. Yet a National Sleep Foundation poll found that most children need 1 to 3 more hours of sleep than they're getting every night. How much should they be getting? Experts recommend 11 to 13 hours a night for preschoolers and kindergartners and 10 to 11 hours for school-aged children. How to make sure they get it: Establish an earlier-bedtime routine, because early awakenings for school or day care can cut short the sleep kids need.

Let your kids stay home when they're sick. They'll feel better sooner and won't pass their illness on to their classmates.

Keep tissues handy. The flu spreads when infected people cough or sneeze. So encourage your kids to cough and sneeze into a tissue or their upper arm if tissues aren't available. (Coughing into a bare hand can also spread germs if kids touch something before they can wash.)

Use those wipes! Flu germs can live for several hours on surfaces such as countertops and doorknobs. Wipe down contaminated objects with soap and water.

Ask your doctor about antiviral medications. Although not approved for use in children under 1, these drugs can be used in older children and adults to prevent influenza or treat the flu within the first 2 days of onset.

Live a healthy lifestyle. Whether they're sick or not, your kids should eat a diet loaded with fruits and vegetables, and get plenty of exercise. A healthy lifestyle may help prevent them from getting sick in the first place.

FLU FACT: Young children can be infectious for up to 6 days before their symptoms appear.

If Your Child DOES Get the Flu...

Even if you take all the preventive steps you can, sometimes the flu virus can still set up camp in your household. Watch for flu symptoms, which can include these:

- High fever
- Headache
- Tiredness/weakness
- Dry cough
- Sore throat
- Runny nose
- Body or muscle aches
- Diarrhea and vomiting (more common for children)