

# **Health Information for K-W Kindergarten Families**

Good health is critical to learning. The purpose of the Kenyon-Wanamingo school health program is to maintain, improve, and promote the health of the school-age child and reduce barriers to education.

A licensed school nurse (LSN) is available during the school day to assist your child. The LSN is a four-year registered nurse, with a public health nurse certificate and is available to assist you with any and all concerns regarding your child's health. Advise the nurse of any health conditions as soon as you are aware, such as asthma, diabetes, seizure disorders, severe allergies, eye and ear problems, or other chronic health conditions.

**\*Please feel free to contact the school nurse at any time. [schristensen@kw.k12.mn.us](mailto:schristensen@kw.k12.mn.us)**

## **Reporting an Absence:**

It is important to report your child's absence each day they will be absent from school. Please call 507-824-2211 and press '1' for the elementary attendance line OR you can email [csturgis@kw.k12.mn.us](mailto:csturgis@kw.k12.mn.us) to report absences.

Please report the following in the message:

- Name of student
- Grade & Teacher's name
- Reason for absence (illness, symptoms, appointment, vacation etc.)

## **Emergency Contact Information:**

If it is determined that the student must go home and staff are unable to reach parents, the emergency contacts will then be called. It is important for parents to have the emergency contact list updated and that person is available during the day.

**\*Please make sure to update contact numbers at the beginning of each year to make sure we have updated contact information.**

## **If you have a child with a health condition or concern:**

You are encouraged to share ANY health concerns or conditions relevant to your child's health. We are here to help support you and your child manage their health condition whether it is chronic or acute. Do not hesitate to call the nurse at 507-824-2211 Ext. 2225 or email Sarah at [schristensen@kw.k12.mn.us](mailto:schristensen@kw.k12.mn.us)

- Make your child's health concerns known to the school and school nurse
- Introduce yourself and your child to the school nurse
- Bring current signed health care provider orders or emergency plans (required every year)
- Give permission for the school nurse to communicate with your family's health care provider
- Update the school nurse with any health changes with your student throughout the year

## **Food Allergies:**

In order to provide a safe environment for all students, please inform the school if your child has a food allergy. The appropriate forms that need to be filled out by the child's physician can be found at the following link:

[Special Dietary Needs](#)

## **Medication at School:**

\*The school nurse will administer medications when necessary to your child during the school day. Please email or call the school nurse to discuss any arrangements you may need for your child during their school day.

### **\* Prescription Medications to be given at school:**

- Medication Authorization Form MUST be signed by 1-parent/guardian AND 2-Physician giving consent to administer medication
- Form must be filled out every single year
- Form must be filled out with any changes to medication or dosage with updated signatures

### **\* Over-the-Counter Medications:**

- Medication Authorization Form MUST be signed by the parent/guardian
- YOU provide over-the-counter medication. The school does NOT provide medication for students.

### **\*Medications Must:**

- Be in the original, properly labeled container (No baggies or envelopes)
- Up to date, not expired, most recent prescription bottle

**\*For safety reasons parents/guardians will need to bring the medication to school and pick it up at the end of the year.**

## **Immunizations:**

Minnesota law requires ONE of the following in order to attend school:

- Immunization record showing your child has completed the recommended vaccinations
- A signed statement from a physician stating the child has had at least one dose of each vaccine and is in the process of completing the series
- A notarized statement of conscientious objection for vaccinations
- Physician's signature stating medical exemption to vaccinations

Required Vaccines for Kindergarten	Required number of doses
Diphtheria, tetanus, pertussis (DTaP)	5**
Polio	4***
Measles, mumps, rubella (MMR)	2
Hepatitis B (Hep B)	3
Varicella (chickenpox)	2

**Notes:**  
\*Kindergarten students must be up-to-date on all of the required vaccines, or submit an exemption, by the first day of school in order to remain enrolled.  
\*\*The fifth dose of DTaP is not required if the fourth dose was given on or after the child's fourth birthday.  
\*\*\*The fourth dose of polio vaccine is not required if the third dose was given on or after the child's fourth birthday.

**\*Please complete the required documentation and return to the school by May 1.** If your child has a birthday after this date, provide the nurse with the most current information and a date when your child's immunizations will be current.

# Illness Guidelines:

## **REASONS WHY CHILDREN SHOULD STAY AT HOME:**

- Severe colds, coughs, or sore throat
- New skin rashes, especially if draining-unless medical opinion states rash is not contagious
- Temperature of 100 degrees or more WITH OR WITHOUT symptoms of an illness
- Nausea, vomiting, diarrhea, or abdominal pain
- Any other sign of acute illness
- Until results of laboratory tests are known (ex. Throat culture, nasal swab, ect.)

## **CHILDREN MAY RETURN TO SCHOOL WHEN:**

- They are well enough to participate in normal school activities
- Free of ALL symptoms for 24 hours (ex. Has not vomited, had diarrhea, abdominal pain in 24 hours)
- Temperature remains normal for a 24 hour period WITHOUT THE USE OF FEVER REDUCING MEDICATIONS
- On an antibiotic for 12-24 hours
- Your health care provider states your child can return to school

\*It is often difficult to know when to keep your child home from school. Hopefully the guidelines above will help. Please know you can always call the nurse to discuss symptoms.

**Phone Numbers for Nurse Sarah: Kenyon 507-789-7011 Wanamingo 507-824-2211 Ext. 2225**

# I need to stay home if...

I have a fever	I am vomiting	I have diarrhea	I have a rash	I have eye drainage	I have been in the hospital
Temperature of 100.4 degrees or higher			Unknown cause or cannot be covered or is distracting	Significant redness and/or pus draining from eye	Hospital stay or emergency room visit

# I am ready to go back to school when I...

Have not had a fever for <b>24 hours</b> WITHOUT medicine (Tylenol, ibuprofen)	Have not vomited for at least <b>24 hours</b> & able to eat food	have not had diarrhea for the past <b>24 hours</b>	have been seen by a medical provider or rash has improved	No longer have drainage and/or have been seen by a medical provider	Have been cleared by my medical provider to return to school
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- **Strep throat or another bacterial infection?** Stay home until the antibiotic has been given for at least 12-24 hours and your health care provider has given permission for your child to return to school.
- **Covid-19** - fever free for 24hrs and improved symptoms.

**Questions?** Call the school health office