

Nativity of Mary School Health Service Information

**School Nurse: Becky Rodier RN
(Monday-Friday 10:30am – 3:00pm)**

Attendance:

Daily attendance is managed by the school nurse. **Please phone the Attendance Line (952-881-8160 ext. 203) for all absences, including those that aren't illness related.** For those absences that are due to illness, please leave a detailed message that includes the symptoms of the illness. The school nurse uses this information to track illness trends in the school.

Illness:

Please keep your child home if he/she has a fever of 100 degrees or higher, has vomiting or diarrhea, or has a rash that hasn't been diagnosed. Students with fever of 100 degrees or higher may return to school once their temperature has remained under 100 degrees for 24 hours. Students with vomiting and diarrhea may return to school once they have gone 24 hours without vomiting or diarrhea. Please call the school nurse if you have questions about whether a child is well enough to return to school.

Health Conditions:

It is extremely important for the school nurse to know of any health conditions your child may have such as asthma, severe allergies, diabetes, seizures, etc. Are there any physical limitations or dietary restrictions necessary while your child is in school? Please contact the Health Office with any information that could affect your child while at school.

Medications:

We follow the same policy as Bloomington Public Schools that states that no drugs (including ibuprofen, Tylenol, and over the counter medications) will be given without a written order from the child's doctor and a parent signature. This medication authorization form can usually be filled out by the doctor via faxing and rarely requires a doctor visit if your child is up to date with his/her physicals. Please contact the Health Office if you need assistance with this. For the safety of all students in the building we ask that you follow this policy and refrain from sending medication in your child's backpack for him/her to use unsupervised.

Communicable Diseases:

Please notify the Health Office if your child is diagnosed with a communicable disease (strep throat, head lice, chicken pox, pink eye, etc.). This allows us to send notices to your child's classroom and to track disease trends in the school.

Please feel free to contact Mrs. Rodier with any questions or concerns at 952-881-8160 (ext. 203) or brodier@nativitybloomington.org

Guidelines for Keeping Your Child Home From School

Parents often wonder whether or not they should send their child to school when they have a mild illness. If your child has any of the following, you should keep him or her at home:

- ◆ Fever above 100° Fahrenheit
- ◆ Vomiting
- ◆ Diarrhea
- ◆ New, undiagnosed rash
- ◆ Purulent (pus-like) eye drainage
- ◆ Symptoms of severe illness such as unusual fatigue, uncontrolled cough, difficulty breathing
- ◆ Contagious illness requiring school exclusion

Please contact your school's Health Service Associate to report an illness or if you have questions about when to keep your child home from school.

Disease	Symptoms	Incubation Time	Student should stay home until...
Common Cold	Watery eyes, sneezing, runny nose, fatigue	1 to 3 days	OK to come to school unless child has other symptoms requiring exclusion
Pink Eye	Red, itchy eyes, pus-like drainage from eyes	1 to 3 days	Until diagnosis is verified, and bacterial infection is treated for 24 hours
Strep Throat	Fever, sore throat, headache, nausea, vomiting, sometimes a fine red rash (scarlatina)	2 to 5 days	24 hours after starting antibiotics and without fever for 24 hours
Influenza (Flu)	Fever, muscle aches, sore throat, cough, congestion, fatigue	1 to 3 days	24 hours without fever and well enough to return to usual activities
Mono	Fever, sore throat, swollen glands, headache, fatigue	4 to 6 weeks	Until well enough to return to usual activities; Physician authorization for sports participation
Chickenpox	Fever, itchy rash with red bumps, blisters, pustules and scabs	10 to 21 days	6 days after rash began
Head Lice	Live crawling lice, nits (lice eggs) attached to hair shaft, itchy head and neck	7 to 10 days	Until treated with lice medication and no live lice are seen. Must see the Health Associate before returning to class.
Ringworm	Body: flat round lesions that clear in the center and may have a raised border; scalp: round scaly patch with broken off hair shaft	Body: 4 to 10 days Scalp: 10 to 14 days	Until 24 hours after treatment begun
Impetigo	Skin lesions with yellow discharge that dries, crusts and sticks to the skin	1 to 10 days	Until 24 hours after treatment begun



NATIVITY *of* MARY

SCHOOL

Middle School Teacher Gifts

Do you want to show your child's Middle School teachers how much you appreciate their efforts during this Holiday season, but you are not sure what to do? Instead of buying individual gifts, we have an opportunity for you.

If you are interested, you can write one check made out to Nativity of Mary School and donate to the Middle School teachers Holiday gift. We take the money donated for the teachers, split it up between them (Middle School, Phy Ed and Music teachers) and let them pick out the SCRIP of their choice. They can purchase the Scrip they want, and it is easy for you to do.

Please send a check made out to Nativity of Mary, put it in an envelope marked "Middle School Teacher Gift" and send it to the school office. All donations must be received by Thursday, December 14 to be included.

Thank you and have a Merry Christmas, Happy New Year and a fun Winter break!

Middle School Activities Committee

If you have questions, contact the school office 952-881-8160.