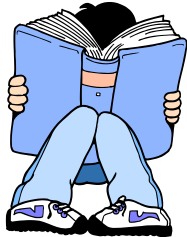


Tips for a Healthy and Happy School Year!



- Take your child to the doctor for a well child check-up.
- Make sure immunizations are current.

- Keep emergency contact information current.
- Keep your child active.
- Make sure your child gets enough sleep and always starts the day with a healthy breakfast.
- Ask about school safety.
- Pay attention to your child's eating habits.
- Share your child's mental health concerns with your school nurse.
- Tell the school if you think your child has a serious or contagious disease.
- Have a plan if your child has a learning disability or a health condition that may impact learning.
- Remind your student they should only visit the nurse if they are sick or injured. Breaks in their instructional time should be kept to a minimum.



Please talk to your school nurse if you have any health concerns.

My School Nurse is: _____

Call this number to reach my school nurse:

**Warren County Schools
Health Services**

2548 Morrison St.

Phone: 931-668-5111

Fax: 931-668-5219

Warren County Schools
Health Services

How Can A School Nurse Help Me?



Important Information from your School Nurse!

The nurse can administer medications during the school day **only** if the child must have it during school hours and/or if the medication is needed for other minor symptoms such as; headache, stomachache, allergies, etc. A parent/guardian must bring the medication in and sign a permission form allowing the nurse to give. **NEVER SEND MEDICATION TO SCHOOL WITH A STUDENT.**



Never send medication with your child to school.

NEVER SEND MEDICATION TO SCHOOL WITH A STUDENT.

Narcotics are not kept at school.

**Warren County Schools
Health Services**

Phone: 931-668-5111
Fax: 931-668-5219

When your child is sick

Please do not send your child to school if he/she has the following symptoms:

- Diarrhea
- Vomiting
- Fever of 100 degrees or greater
- Strep throat
- Possible chicken pox
- Pink eye
- Rash or skin lesions should have a doctor's statement stating that he/she is not contagious.

Please consult with your school nurse if you are not sure whether to send a student or not.



Oh No! My child has head lice...now what?



Pediculosis

The Warren County Board of Education follows the U.S. Centers for Disease Control and Prevention guidelines with respect to any child

who is infested with or suspected of being infested with Pediculosis (head lice). That means a student with live (crawling) lice or nits $\frac{1}{4}$ inch or less of the scalp will be sent home for treatment. Before readmission to school satisfactory evidence must be submitted to school personnel that the student has been treated for head lice. This evidence may include but may not be limited to: (1) Proof of treatment with a pediculocide product (head lice shampoo) (2) Satisfactory examination by a school nurse or school personnel.

It is a good idea to examine your child for head lice at least once a week.

Bedbugs!

Bedbugs are becoming a common concern for everyone. To assist in the prevention of the spread of bedbugs it is a good idea to examine your student's back pack daily for evidence of bedbugs.

For more information on bedbugs check out the KidsHealth.org website.