STUDENT HEALTH INFORMATION
Allergies, Immunizations and Medications at School

Administration of Medications at School (District Policy 5420)

Generally children do not need to take medication during the school day. However, when your doctor prescribes a prescription or over-the-counter medication that must be taken at school, District Policy 5420 identifies the steps which must be followed:

1. All medication given at school must have a medication request form signed by both a parent/guardian and a physician. It must provide information stating the name of the medication, the dosage, when the medication needs to be taken and why the medication is being given. These medication request forms are available at school. This policy applies to prescription medication and all over-the-counter medications such as Tylenol, cough syrups, eye drops, ointments, etc. Cough drops are not considered medication under this policy, and therefore, parent and physician authorization is not required for a student to have them at school.

2. Medication must be provided by the parent in a pharmacy labeled bottle prescribed for the student or in the original over-the-counter container.

3. All medication is kept in a locked area in the school health office. Students are typically not allowed to keep medication with them (in their lunch box, backpacks, etc.).
   a. Students may carry certain medications when a physician specifically authorizes this in writing. Those medications may include (1) inhalers necessary to control asthma or other respiratory conditions; and (2) other medications for serious health conditions which may require immediate intervention. See your school’s District RN to review and sign Self-carry contract on an annual basis.

4. The health aide or other designated staff will administer prescribed medication according to parent/physician instructions. All medication administered at school is recorded on the student’s medication record and initialed by the staff person administering the medication.

5. All unused medication not picked up will be discarded by a registered nurse at the end of the school year.

6. To save time and repeat doctor visits, please have your physician complete or fax a written permission for the school at the time he/she prescribes any medication that may be administered at school. If necessary, two containers (one for school and one for home) can be requested at your pharmacy.

Food Allergies (District Policy 5415)

The District recognizes that many students are diagnosed with potentially life-threatening food allergies. To address this issue and meet state law requirements concerning the management of food allergies and anaphylaxis among students, District Policy 5415, Students with Food Allergies, establishes procedures to provide appropriate support plans for students with food allergies.

The Students with Food Allergies Policy provides guidelines for the development of a health care plan with the assistance of the licensed school nurse. Such plans typically address communication and emergency instructions between school officials and emergency responders, as well as reasonable accommodations to reduce the student’s exposure to agents that may cause allergic reactions. Plans may also include staff training provisions, access to emergency medications and provisions under a “Section 504” or an Individual Education Plan when appropriate as determined by law.
Head Lice

Head lice are described as an infestation of head hair by adult lice, larvae or nits (eggs). Itching is the main sign. Eggs hatch in one week and are capable of multiplying in two weeks. A special lice shampoo treatment sold at pharmacies helps to kill the nits. After the shampoo treatment it’s important to thoroughly comb out the nits from the hair.

If a child is found to have head lice/untreated nits at school the child will be allowed to remain in school until the end of the school day. The child can be re-admitted to school once treatment is done at home. The child must report to the health office upon returning to have hair check for the presence of live lice/lice nits.

Health Services

The school district provides registered nurses to train, delegate, and monitor various school staff on health procedures needed for students during the school day. The registered nurses also provide consultation to school staff and/or parents on medical concerns and often serve as medical liaisons between schools and outside agencies.

A trained health aide staffs the School Health Office. The health aide is responsible for providing minor first aid to students who become sick or are injured while at school, for administering prescribed medications, and for maintaining student health records. Other designated staff members may provide coverage in the health office when the school health aide is not available.

For more information about support for students with health needs please refer to the policies referenced or contact the District’s Coordinator of Section 504 and Health Services at 720-972-7107.

Illness or Injury

If your child is seriously injured or ill at school and requires care beyond the facilities of the school, an attempt will be made to contact you as well as calling emergency medical personnel (911) for treatment and/or transportation to a proper facility.

When a child becomes ill or is injured at school the health aide or other school staff will determine if your child can remain at school safely. Schools do not have adequate facilities or staffing to keep ill children at school for long periods of time. Therefore, it is essential that parents immediately inform schools of address and phone number changes.

Parents can have trouble knowing whether their child is too ill to go to school. The following guidelines will help you decide.

IMPORTANT

School is a child’s work. It is important for normal development. If your child is absent often, it may be harder to keep up with the class and this will affect their educational growth and progress. It is important that your child does not miss more than a few days of school per year due to illness.

Child is Too Ill

Your child is too ill to go to school if he/she has any of these signs or symptoms:

• Seems very tired and needs bed rest (this can be common with flu).
• Has vomiting or diarrhea.
• Becomes short of breath or has an increase in wheezing during normal activity.
• Has a cough that disrupts his/her normal activity.
• Has severe pain from earache, headache, sore throat, or recent injury.
• Has yellow or green drainage from eye(s).
• Has rash that is weeping or oozing.
• Has a fever (above 100.0°F) and any of the above noted symptoms.
Contagious Disease

- Your child should stay home from school if he/she has a contagious disease to keep from spreading it to others. A contagious disease is one that can be spread by close contact with a person or object. Examples are: chickenpox, the flu, pertussis, strep throat, scabies, or impetigo. A disease is most often contagious 24 hours before the child shows signs of illness. It is very hard to prevent the spread of some germs, especially in a school classroom. Good hand washing is the best way to prevent the spread of germs.
- If your child has a contagious disease, ask your doctor when he/she may return to school. Generally, a child who has been fever free for 24 hours (without fever-reducing medicines such as acetaminophen or ibuprofen) may return to school.
- If an antibiotic medication is prescribed for your child, be sure he/she has taken the medication for at least 24 hours before returning to school.
- Should your child require medication at school, please be aware of the following District Policy (5420):
  - Physician authorization (order) and parent/guardian signature to administer medication at school is required for all prescription and over-the-counter medications.
  - Parent/guardian must bring the medication(s) to school.
  - Medication must be properly labeled with child’s name (in original package or prescription bottle).
  - Forms are available in the school health office or at the District website: http://www.adams12.org

*If you have any questions, be sure to ask your doctor or school nurse. Additional resource information for accessing health care is available at the District website: http://www.adams12.org/departments/health-services

Immunizations (District Policy 5410)

District Policy 5410 describes student immunization requirements consistent with Colorado law. Children who do not meet the requirements listed in policy will be denied admission to school. All students must submit a completed Certificate of Immunization or Exemption upon enrollment. You must provide one of the following to your child’s school in order to comply with the law:

1. An Up-to-Date Certificate of Immunization from a licensed physician or authorized representative of the department of health or local health department certifying that your child has received immunization against communicable diseases as specified by the State Health Department; or
2. Statement of Exemption to Immunization Law printed on the reverse side of the Colorado Department of Health Certificate of Immunization:
   a. medical exemption signed by licensed physician stating that the child’s physical condition is such that immunizations would endanger life or health; or
   b. religious exemption signed by parent or guardian or emancipated child that he/she adheres to a religious belief whose teachings are opposed to immunizations; or
   c. personal exemption signed by parent or guardian or emancipated child that he/she adheres to a personal belief opposed to immunizations.

Medicaid School Health Services Program

As a Medicaid provider, Adams 12 Five Star Schools will access Medicaid eligibility information for students enrolled in the Adams 12 Five Star Schools from Health Care Policy and Financing (HCPF). HCPF is the designated Medicaid agency in the state. Directory information of names, date of birth, and gender will be released to the HCPF to verify Medicaid eligibility of students in the District. With consent, the description of health and health-related services delivered to Medicaid eligible students will be released to Medicaid and/or the district billing agent for proper administration of the program. A dated record of all transactions will be kept on file at the Adams 12 Five Star Schools Medicaid office. Parents
may revoke their consent at any time, by calling the Medicaid office at 720-972-4790. School Medicaid reimbursement does not affect the family’s other Medicaid benefits in any way.

Parental consent must be obtained under the Family Educational Rights and Privacy Act (FERPA) regulations at 34 CFR part 99 and the IDEA regulations at §300.622 before the school district discloses, for claiming purposes, your child’s personally identifiable information to the agency responsible for the administration of the State’s public benefits or insurance program (e.g., Medicaid). If you refuse to provide consent for the disclosure of personally identifiable information to the agency responsible for the administration of the State’s public benefits or insurance program (e.g., Medicaid), or, if you give consent but then later withdraw consent, that does not relieve the school district of its responsibility to ensure that all required services are provided at no cost to the parents.

**Nutrition Services and Student Wellness (District Policies 3700, 3710, 3720)**

District Policy 3700 and its subsections describe the District’s commitment to promoting good nutrition and physical activities. Information about free or reduced price meals, costs of meals, a la carte food offerings, and student meal charge accounts is available at each school’s kitchen or administrative office. Information may also be found on the District’s website under the parent resource link.

Schools along with parents can play a major role in reducing the number of overweight and obese children and youth. Schools are a place where students can gain the knowledge, motivation, and skills needed for lifelong physical activity and lifelong healthy eating habits and are also a place for students to practice these habits. Nutritional content of foods and beverages sold by Nutrition Services are available on the District’s website and in the school kitchens. In support of student wellness schools are expected to provide access to healthful items for fundraisers, classroom parties, and other school activities.

District Policy 3710 discourages the use of food as a reward, and prohibits the denial of food as a form of punishment. The policy further explains that physical activity should typically not be used as a form of punishment.

**Student and Family Outreach Program**

The Student and Family Outreach Program has the vision that all students hold the strength and potential to thrive. Our mission is to remove barriers that keep students from being engaged and thriving in school by providing access to community resources and health insurance.

- We help families gain access to needed community resources.
- We provide Medicaid / Child Health Plan Plus (CHP+) application assistance to families by meeting by appointment in their home school.

If you would like more information please contact us at 720-972-6249 or at www.adams12.org/programs/student-family-outreach

**Suicide Prevention (District Policy 5520)**

Protecting the health and well-being of all students is of utmost importance to the Adams 12 Five Star School District. District Policy 5520 addresses suicide assessments as a priority to protect all students.

Adams 12 will treat all threats or attempted suicides as serious regardless of the degree of lethality involved. When a student threatens or attempts suicide, the Adams 12 personnel will follow District Policy and respond accordingly.

The following steps have been taken to help protect all students:

1. Students will learn about recognizing and responding to warning signs of suicide in friends, using coping skills, using support systems, and seeking help for themselves and friends.
2. When a student is identified as being at risk, he or she will be assessed by a District mental health professional that will work with the student and help connect the student to appropriate local resources.

3. Students will have access to national resources which they can contact for additional support, such as:
   - National Suicide Prevention Lifeline – 1.800.273.8255 (TALK), www.suicidepreventionlifeline.org
   - The Trevor Lifeline – 1.866.488.7386, www.thetrevorproject.org

4. All students will be expected to help create a school culture of respect and support in which students feel comfortable seeking help for themselves or friends. Students are encouraged to tell any staff member if they, or a friend, are feeling suicidal or in need of help.

5. Students should also know that because of the health and safety impacts of these matters, the confidentiality and privacy rights of individuals will be respected but concerns are secondary to seeking help for students in crisis.

6. For a more detailed review of District processes, please see the District’s full suicide prevention guidelines document.

**Vision and Hearing Screening**

Vision and hearing screening is mandated for all students in kindergarten, first, second, third, fifth, seventh, and ninth grade levels; for children new to the district and for any child with a suspected deficiency. This screening does not include extensive testing. If a deficiency is found parents are contacted and advised to arrange for a more complete evaluation.

**Health & Wellness – The Whole Child Approach**

**Healthy Students = Better Learners**

The District is now actively implementing a coordinated and focused approach to the health and well-being of our students, schools, staff, and community through the Whole School, Whole Community, Whole Child (WSCC) Model.

80% of Adams 12 schools currently have active School Wellness Teams led by staff members and parents that are implementing school health improvement plans each school year.

The WSCC approach is considered a gold standard and best practice, is utilized in school districts around the country, and looks at the whole child through these ten components of health and wellness:

- Physical Education & Physical Activity
- Health Education
- Health Services
- Nutrition Environment & Services
- Counseling/Psychological/Social Services
- Physical Environment
- Family Engagement
- Community Involvement
- Social and Emotional Climate
- Employee Wellness

Because the health of young people is strongly linked to their academic success, and vice versa, the Centers for Disease Control and Association for Supervision and Curriculum Development (ASCD) recommend **WSCC as a strategy for improving students' health and, subsequently, their ability to learn and be academically successful**.
**WSCC at Your School**

Health and wellness initiatives, policies, and programs are implemented at each school by a School Wellness Team led by two Co-Leaders (staff and/or parents).

School Wellness Teams are made up of health and wellness champions representative of the ten above components of the WSCC model.

The most successful School Wellness Teams have strong student, parent, and family involvement.

Make sure your voice is heard! To learn more about WSCC, to join or find out more about your School Wellness Team, or to find out how you can ensure that your school is part of WSCC:

Call or email District Wellness Coordinator, Jill Collins, at 720-972-4712
or [jill.collins@adams12.org](mailto:jill.collins@adams12.org).

Visit the District Health & Wellness webpage at: [www.adams12.org/programs/health-wellness](http://www.adams12.org/programs/health-wellness)

Stay in the loop on health and wellness in Adams 12 by signing up to receive periodic emails: [www.adams12.org/programs/health-wellness](http://www.adams12.org/programs/health-wellness)
December 2013

Dear Parents of Students in Colorado Child Cares and Preschools (School Year 2014-15);

Immunizations are an important part of our children’s health care and Colorado law requires that children going to school be vaccinated to prevent vaccine-preventable disease. The purpose of this letter is to let you know which vaccines are required for school attendance and which vaccines are recommended for best protection against vaccine-preventable disease (see chart on second page).

As a parent, it is important to know that in addition to the vaccines required by the state of Colorado Board of Health for school entry, there are vaccines that are recommended by the Advisory Committee on Immunization Practices (ACIP). This is the immunization schedule that will best protect your child from even more vaccine-preventable diseases.

Parents often have concerns or want more information about children’s immunizations and vaccine safety. A resource developed for parents with frequently asked questions about the safety and importance of vaccines can be located at: www.ImmunizeForGood.com The Colorado Immunization Section’s website is located at: www.ColoradoImmunizations.com.

Child Cares and Preschools work hard to ensure compliance with the immunization laws. Your help in providing updated immunization records at school registration and when your child receives additional vaccine(s) is greatly appreciated. Please discuss your child’s vaccination needs with your child’s doctor or local public health agency. (To find your local public health department’s contact information call the Family Health Line at 1-303-692-2229 or 1-800-688-7777). Please bring your child’s updated immunization records to the school each time your child receives an immunization.

Sincerely,

Colorado Immunization Program
Colorado Department of Public Health and Environment
303-692-2650