



Think. Learn. **Grow.**

**To:** Parents / Guardians

**From:** School Nurse

**RE:** Kindergarten Health Information

We look forward to your child attending school with us next year. The information below will best help us to meet your child's health needs while at school and ensure that we meet the health requirements for school attendance.

**Please inform the school nurse as soon as possible of any chronic health conditions, food allergies or medical procedures your child may require during the school day so that we can be ready on the first day of school to meet your child's needs.**

**Requirements for School:**

1. **Immunizations:** Iowa law requires that every child have a completed immunization record at the school by the first day of classes. Please use the state approved immunization form from your health care provider. The school nurse will review your child's immunization records to assure compliance with the requirements for school attendance.
2. **Blood Lead Screening:** Completed before six years of age.
3. **Dental Screening:** Completed by a dentist, dental hygienist, doctor, nurse or physician assistant between three and six years of age. Please ask your health care provider to use the state approved dental screening form.

**Recommendations for School:**

1. **Physical Exam** - The Des Moines Public School District encourages children to have periodic physical examinations in kindergarten, 3<sup>rd</sup>, 6<sup>th</sup> and 9<sup>th</sup> grades. Please provide the student medical report from your health care provider.
2. **Vision Screening** - The Iowa Legislature recommends that an eye examination be completed by an optometrist or ophthalmologist. Please return the state approved vision form or the green vision card from your provider to the school nurse following your child's next vision appointment.

**When your child is ill:**

Please note that when your child becomes ill at school, the school will contact you at the phone numbers you provide. In addition to the names and phone numbers of the parent/guardian, please provide the school with at least two emergency contact names with current and working phone numbers. It is **very** important that you notify the school when your emergency contact phone numbers change.

**General guidelines of when to keep your child home from school are:**

- A temperature of 100.4°F (38.0 degrees C) or above. Please note that the school nurse can exercise discretion and exclude your child from school at a lower temperature if other symptoms of communicable illness are present or when symptoms are persistent and not conducive to school participation or if it is felt that the symptoms may cause a risk of spread of illness to others. **Your child should be free of fever without the use of fever-reducing medicine for 72 hours (that is three full days of no fever) before returning to school.**

- Undiagnosed rash associated with fever or behavior changes that is suggestive of contagious disease
- Repeated episodes of vomiting or diarrhea
- Headache accompanied by fever or vomiting
- Persistent uncontrolled cough
- Any illness that could disrupt the student's learning process or will result in a greater need for care than the staff can provide without compromising the health and safety of other children

If your child is placed on antibiotics for treatment of an infection, he or she needs to be on the antibiotics for 24 hours before returning to school.

Please ask your health care provider to communicate with the school nurse when your child is diagnosed with a contagious illness. You may turn in medical notes to the school nurse that are from the doctor, dentist, or other health care provider whenever your child is seen for an illness, injury or follow up care. Medical notes are helpful to the school in determining attendance status and in planning for follow up care for your child at school.

**School Medication Needs:**

All medications given at school must be prescribed by a physician. Written parent/guardian consent is also required for medications to be given at school. Medications must be in the original pharmacy container appropriately labeled with the student's name and details for administration of medication. Over-the-counter medications can only be given at school with signed physician instructions and signed parental permission form. All medications must be provided to the school from the parent/guardian.

**Food Related Information:**

If your child has a known food allergy, please notify the school nurse so the appropriate care can be given at school. Because many illnesses are transmitted through food, any food shared at school sponsored activities that involve children must be commercially prepared and packaged and served using district serving guidelines. Please check with the school nurse if you have questions about the district's food guidelines.

**School Health Screenings:**

Because good health can lead to better learning, the school will periodically screen your child for health concerns that could interfere with learning. Some health screenings that may be offered during the school year are dental, vision and hearing. Please let the school nurse know if you do not want your child to participate in these screening programs.

Please feel free to contact the school nurse if you have questions or need help in arranging for health care services.

Thank you,

DMPS School Nurse