

# IMAGINE KISSIMMEE CHARTER ACADEMY

*Inspiring Every Child to Succeed!*

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Imagineskca.org



## **HELLO IKCA PARENTS,**

My name is Gibsiclary Alba. I am very fortunate to be the Nurse at Imagine Kissimmee Charter Academy, entering my 2<sup>nd</sup> year.

Here at IKCA, we want to encourage our student's parents to be an active participant in the health of their children. Many research studies have shown that healthier students are better learners. The healthier your children are, the more they will be able to learn information in school. Not only do we want them in school, but also we want them **healthy** in school so they can get the most from their classes. We want to partner with you to keep your children healthy and safe so they can learn and grow into literate and model citizens.

To help us keep your children and other students healthy, please read through the following guidelines that we follow here at Imagine Kissimmee Charter Academy.

In addition, I have provided some links on ways that you can help your child be physically active and eat healthful foods.

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Helping-Kids-Stay-Active-During-COVID-19.aspx>

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/daily-tips-to-help-your-family-eat-better>

<https://www.heart.org/en/healthy-living/fitness/getting-active/25-ways-to-get-moving-at-home-infographic>

# Health Office Guidelines

## **DO NOT send your child to school if:**

- They have persistent cold symptoms: cough, runny or stuffy nose, headaches, congestion
- They have a persistent sore throat
- They have diarrhea. This could indicate a stomach virus.
- They have a temperature of 100 degrees or greater\*

**\*DO NOT** give your child Tylenol (acetaminophen) or Motrin (ibuprofen) and then send them to school. They must be fever free (temperature below 100 degrees for 24 hours **WITHOUT** medicine before coming back to school.

- They have been vomiting, vomited the night before, or the morning of school\*  
*\*They may return to school after not vomiting for 24 hours.*

- They have a skin rash or sores\*  
*\*Please inform the school nurse of any skin rashes or sores. The school may require a doctor's note in order to return to school.*

- They wake up with a pink or red eye with sticky or dried crusty drainage around it.  
*\*A doctor's note is **NEEDED** in order to return to school to make sure that your child does not have pink eye.*

- They have had a recent head injury or concussion.\*  
*\*A doctor's note is **NEEDED** in order for the student to be cleared by a doctor to return to school and participate in physical education, gym, or recess.*

- They have lice or nits in their hair\*  
*\*They may not return to school unless their hair has been treated with medicated shampoo and the lice/nits have been cleaned out.*

**Please remember that sick children can make other children and staff members sick. The best way for your child to get better is to stay away from germs and other children and get appropriate rest.**

## **Medications:**

- All medication must be brought in by an adult or parent. **DO NOT** send your child to school with medication unless the school nurse is aware.

- Any medication brought in must be in the original container or prescription container with the student's information on it. Please make sure that medications are not expired.
- All medications must be picked up at the end of the school year by a parent or they will be disposed of. Medications may not be sent home with your student.
- Your child may **NOT** administer or give themselves medication in school unless they have the proper paperwork and documentation from their doctor and parent and only if the school nurse is aware.
- The school nurse is **NOT** allowed to administer or apply any medication to or on your child without a doctor's order or paperwork and your signed permission.  
*\*This includes all over the counter medications, such as cough drops, Tylenol (acetaminophen), Motrin (ibuprofen), seasonal allergy medication, cold or cough syrup, sunscreen, and creams. This also includes prescription antibiotics, cough medicine, and prescription creams. It also includes inhalers or other asthma medication.*

**Please remember that following these medication guidelines keeps your child and other children in the school safe. Medication that is kept on your child that the school nurse is not aware of poses a serious threat to the safety and well-being of all those in the school.**

#### **Asthma medications:**

- All asthma medications must be brought in their original prescription container with your child's label on it. Please make sure that medications are not expired.
- All asthma medications will be kept in the nurse's office. Permission must be given from the doctor and yourself in order for your child to carry their asthma medication with them in school.
- All medications must be picked up at the end of the school year by a parent or they will be disposed of. Medications may not be sent home with your student.
- Should your child possibly need a nebulizer treatment in school, the health office has a nebulizer machine. Please provide the medication, mask, and tubing for your child.

*\*Due to COVID pandemic, we are strongly advising for asthma MDIs (inhalers) to be used instead of nebulizers because of aerosol particles.*

#### **Epi Pen/allergy medications:**

- Food allergies or insect allergies are serious medical issues and are **life threatening**.
- Please inform the school nurse and your child's teachers for any serious allergies.

- Please bring in your child's Epi Pen in the original prescription container with your child's label on it. If your doctor orders for Benadryl for your child, please make sure to bring the Benadryl liquid in the original store or prescription container. Please make sure medications are not expired.
- All medications must be picked up at the end of the school year by a parent or they will be disposed of. Medications may not be sent home with your student.

**ATTENTION PARENTS: Please be mindful of the foods/snacks that are brought to class for any parties or events. Our school has students with peanut allergies and other food allergies. Please make sure to check with your child's teacher for any prohibited foods in the classroom or bring peanut free snacks. We appreciate your help!**

### **Immunizations:**

- The State of Florida mandates that students are in compliance with the mandated vaccinations in order to attend school.
- If your child is **not** in compliance, they will **NOT** be able to attend school until the proper documentation from the doctor is received with the doctor's signature and/or stamp.
- For more information please see the attached PDF in English and Spanish
- <http://www.floridahealth.gov/programs-and-services/immunization/publications/documents/21-22-schoolentry-eng.pdf>
- <http://www.floridahealth.gov/programs-and-services/immunization/publications/documents/21-22-schoolentry-spn.pdf>

### **Health screenings:**

- One of the job responsibilities of a school nurse is to perform screenings on all students.

The screenings consist of height, weight, vision, hearing, and scoliosis screenings.

-Vision: grades K, 1, 3 and 6

-Hearing: grades K, 1 and 6

-Height, Weight and Body Mass Index (BMI): grades 1, 3, & 6

-Scoliosis: grade 6. Scoliosis is a side-to-side curvature of the spine that is detectable in children of middle school age. Early treatment can prevent the condition from becoming severe.

- For any abnormal findings, a referral letter will be sent home with your child and a phone call made to you by the school nurse to have a doctor further assess your child.
- Please make sure to return the referral letter back to school to inform the school nurse of the doctor's findings and recommendations.

*\*Additional Screening Information*

*Parents may request in writing any screening at any grade level. Any parent who desires to opt their child out of a screening must do so in writing. If your child's vision, BMI, hearing or scoliosis screening is outside normal limits, you will receive a letter with information and/or follow-up instructions. The screening and follow-up results will be noted in your child's health records*

**To report an absence:**

- The number to call to report your child absent is 407-847-1400. There is an answering machine for leaving messages after hours. This is not the number to the nurse's office. If you have a concern that needs to be discussed with the nurse, please call 407-847-1421.
- If your child is not feeling well and as the parent you decide to keep them home, please always notify the school staff or nurse.
- If your child is absent due to an illness, a doctor's note must be provided for the absence to be excused.
- **Keep in mind only a doctor's note can excuse an absence or if ANYONE at home is awaiting COVID-19 results (quarantine precautions)**

**Physical education/gym excuses:**

- If your child needs to be excused from physical education, please send him/her with a note explaining why they need to be excused
- Students needing to be excused from physical education longer than one day will need to have a note supplied by their physician.
- Please be advised that if your child is excused from physical education, his/her activities at recess time will be restricted also.

**Phone numbers & addresses:**

- **It is very important that we have current phone numbers, address & emails!**  
If you have a change in address or telephone number please let us know. If you

are going away and someone else will be staying with your child, please provide us with that person's contact information. Without them, the health office will be unable to reach you should your child become sick or an emergency occur.

- Please provide reliable emergency contacts that may be contacted by the health office and can pick up your child in case you are unavailable.

Thank you for taking the time to read through our health office guidelines and familiarizing yourself with our policies. Thank you for partnering with us to keep our school safe and healthy. We can't do it without you!

**GibsiClary Alba RN, BSN**

**School Nurse**

**Imagine Kissimmee Charter Academy**

**407-847-1421**

**[GibsiClary.Alba@imagineschools.org](mailto:GibsiClary.Alba@imagineschools.org)**