

# St. Bernadette School Health Office

Dear Parents/Guardians,

Welcome to the **2023-2024** school year at St. Bernadette School. Our goal is to keep students healthy and in school to be safely educated and socialized. We would like to take this opportunity to share some information with you regarding the Health Office.

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This letter will provide you with the necessary requirements needed for the Health Office before the start of the school year. **ALL DOCUMENTS MAY BE FOUND ONLINE @ [Health Office Documents](https://www.stb-school.org/Page/103)**  
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## What needs to be submitted **BEFORE** the start of school

- Student Emergency Information form -----> **DUE 8/25/2023**
- OTC Medication Permission form -----> **DUE 8/25/2023**
- Most recent physical exam (2023/2024) from pediatrician if not previously submitted (faxed 508.351.2941)

## If your child requires prescriptions medications:

- ★ Students are not permitted to carry ANY medication to school
- ★ All meds should be labeled, dated, and in its original pharmacy container
- ★ First doses should be given at home and monitored (except for Epipens)
- ★ **Required forms**
  - Allergy Action Plan for Epipens (found online under the Parent/Student → Health Office section, scroll down to allergies): signed by MD and parent
  - Doctor's orders for all other medications: signed by MD and parent
  - Medication Administration Plan (found online under "health forms" tab in the Parent/Student → Health Office section) **NOT FOR EPIPENS**

**Medication Drop-Off will be Monday August 28th from 10am-12pm and Tuesday August 29th from 1pm-3pm.**

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# Health Office Policies/Info

## All other drop-offs will be by appointment only.

- If your child has any health concerns or needs special accommodations for health related reasons, please contact the Health Office 508.351.2945.
- Please call the office if your child is absent for any reason.
- If your child is absent due to an injury, please provide medical paperwork stating the diagnosis and restrictions.
- If your child is feeling ill during the school day they must be assessed by the nurse in order to be dismissed.
- Please inform the nurse if your child will be out for an extended time due to illness, have frequent absences due to a documented chronic medical condition, or have had any surgical procedures or hospitalizations that may require accommodations to ensure your child's health needs and academic success while here at school.

Below is the full list of symptoms for which caregivers should monitor their children, and staff should monitor themselves:

- Fever (100.0° Fahrenheit or higher), chills, or shaking chills
- Cough (not due to other known cause, such as chronic cough)
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Sore throat
- Headache *when in combination with other symptoms*
- Muscle aches or body aches
- Nausea, vomiting, or diarrhea
- Fatigue, when in combination with other symptoms
- Nasal congestion or runny nose (*when in combination with other symptoms*)

The single most important thing to do if any of the above symptoms are present is to **STAY HOME**. Our collective health relies, in part, on individual attention and responsibility. When in doubt, stay home.

*It will take our great village working together to make learning a success.*

Be well,

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