



Clarksville-Montgomery County School System

HEALTH SERVICES

INFORMATION FOR PARENTS / GUARDIANS

Dear Parent/Guardian,

The school nurse’s mission is to promote and protect the health of your child. The school nurse works with your child in collaboration with their teachers to provide a variety of services. The school nurse can administer first aid for your child, assist your child in taking any ordered medications, and screen your child for hearing / vision problems, and blood pressure. If you do not desire the school nurse to screen your child for hearing / vision problems, and blood pressure, please notify your school nurse in writing, so that he / she is aware. The school nurse serves as a wonderful information source with regard to disease prevention, health promotion, and immunization standards. Please encourage your child not to abuse the clinic as a means of spending time out of the classroom. The nurse will contact (written or phone call) you if she/he has concerns regarding your child’s health.

Your school nurse wants to hear from you as well. Always inform your school nurse of any health issues that your child may have in order that a specific plan of care may be developed to meet their health care needs. Please remember that it is always important to keep your emergency information up to date so you can be contacted quickly if needed.

IMPORTANT INFORMATION

Please **do not send a sick child to school**. A sick child puts others (children and staff) at risk of getting sick. Keep your child at home if your child has:

- Fever of 100.0 F or higher
- Vomiting or diarrhea
- Open or draining skin lesions
- Body rash with fever
- Head lice
- Sore throat with fever
- Reddened eye(s) with drainage
- Nasal drainage that is greenish
- Persistent cough with fever or nasal drainage
- Scabies

If your child has a fever, please do NOT medicate them with a fever reducing medication, and send them to school. Fever is often a sign of infection or illness. Also, children who have been diagnosed with an “infection” need to be on antibiotics 24 hours before returning to school.

Check your child’s head periodically for lice and nits. Lice are small (sesame seed size), six legged, wingless, crawling, tan or grayish white parasitic insects. Nits (eggs) are small yellowish-white, oval shaped eggs that are glued to the side of the hair shaft. Teach your child not to share combs, hair brushes, hair bows or decorations, hats, clothing, towels; and to avoid head to head contact with other children.

If your child is prone to wetting or soiling their clothing, please send a change of clothing to school for use in the event of an accident.

Do not send medications to the school with your child. A responsible adult must bring all medications to the school, in either original pharmacy-labeled containers (prescribed), or manufacturer’s original, unopened packaging containers (over the counter medications). A physician’s order and parent authorization form must be completed before prescription medications can be given. A parent authorization form must also be completed before over the counter medications can be given/taken at school.

SIMPLE WAYS TO KEEP YOUR CHILD HEALTHY

- Teach or remind your child to wash their hands before meals and after using the bathroom. Clean hands are our first line of defense against illness and disease.
- Regular medical check-ups (physician, dentist, and optometrist)
- Adequate sleep
- Proper nutrition
- Personal hygiene
- Encourage physical activity

We are very fortunate in our system in that we have a nurse in every one of our schools. It is important for you to know, however, that there may be times when your school is without a nurse for the full day. There may also be a time that your nurse will be asked to help cover another school for a few hours. Please be understanding and patient with these situations. There are trained personnel in each of your schools to assist students with administration of medications in the absence of the school nurse so these persons can and will be utilized. It is our goal to have a nurse in each school every day but please understand this is not always possible.

There is online information on the CMCSS website at www.cmcss.net under “Parents / Guardians”. Refer to “Health Services” for more information. Please contact your school nurse if you have any questions or concerns regarding your child’s health.