

School Health Staff

The Sumter County School Board and the Department of Health in Sumter County work together to provide school health services and to safeguard the health of your child.

Health services are provided daily at our schools: Registered Nurses at the elementary schools, health aides at the secondary schools, who are supervised by an RN. An RN is on call at The Early Learning Academy and Sumter Alternatives School. A Registered Nurse is available for you or your child for any health care concerns you may have. She may be reached by contacting your child's school.

Medications at School/Off Site Activities

When possible, medication shall be given at home. If your child needs to have medication/treatment given at school, state regulations require that you and your doctor provide written permission for administration of both prescribed and over-the-counter medication and treatment.

Prescribed medications must arrive in a container with the original, unaltered prescription label attached. **You should ask the pharmacy for a bottle for school and a bottle for home.** **The label information must match the physician's order.**

Over-the-counter medications must arrive in the original, **unopened** store-issued container. You may want to label the container with your child's full name.

The Medication/Treatment Authorization Form must be completed entirely and accompany any medication (**either prescribed or over-the-counter**) to be given to your child in school. **Both a parent/legal guardian and the prescribing doctor must sign the form.** Staff will not be able to administer medications to your child without this **written consent**.

The parent, legal guardian, or an authorized adult must hand carry medications to the school health room. The medication brought into the school health room must match the prescribed medication amount. For example, if the prescribed amount is ½ tablet, then it is the responsibility of the pharmacy/parent to cut the tablets. **Do not send medications to school with your child.**

School Health Services

2680 W. CR. 476

Bushnell, FL 33513

(352) 793-2315

Fax: (352) 793-4180



School Health Basics



Medications

Sickness

Vaccines

Screenings



Partners in School Health



Sumter County School Board

&

Florida Department of Health,

Sumter County



Examinations and Screenings

Your child's overall health can effect his/her learning!

Florida Statute 1003.22 requires any child who is entering a Florida school for the first time to present proof of a physical examination. This examination must include a review of all body systems performed by a licensed medical provider within 12 months prior to enrollment. A yearly exam and a twice a year dental visit are recommended for all children.

Scoliosis Screening (Spine Screening)

Scoliosis is a side-by-side curvature of the spine that is detectable in children of middle school age. Early treatment can prevent the condition from getting worse. Scoliosis screenings will be conducted on students in grade 6, according to state mandates.

Vision and Hearing Screening

Mandated **vision** screenings will be performed in grades K, 1, 3, & 6 and **hearing** screenings will be performed in grades K, 1 & 6 and for students entering Florida schools for the first time in grades K-5. PK will be screened for vision & hearing

Height, Weight and BMI Measurements

Mandated screenings in grades 1, 3, & 6, optional for students in grade 9.

Dental Screening and Preventive Dental Services

Dental screenings are performed on students Pk-5 through Langley Medical Services. Preventive Dental Services, Sumter Molar Coaster is for students in grade 2nd provided by Department of Health in Sumter County.

Other Screening Information

Parents who **do not** wish for their child to participate in health screenings must notify the school in writing at the beginning of each school year.

If your child fails scoliosis, vision, hearing, or BMI, you will receive a letter with information and/or follow-up instructions.

When Your Child is Sick

Staying home when sick will help your child get well and protect classmates.

Do not send your child to school if he/she has:

Severe sore throat	Bad/severe cough
Vomiting	Diarrhea
Conjunctivitis	Head lice
Fever	Skin rash

Fever: A student with fever over 100.0 will be sent home. He/she must be free of fever **without** medication for at least 24 hours before returning to school.

Skin rash: Your child must have a note from a health care provider stating rash not contagious or rash must have cleared before student is able to return to school.

If your child is severely sick or injured at school, you will be notified. You will be asked to come and pick up your child. Please be sure the school has your current home, cell, work and emergency numbers on file.

Student accident insurance has been purchased by the district for each child. This insurance will cover the student during school time and for extra-curricular activities (field trips, academic trips). **It does not include sports!** If health insurance is needed, outside of school, you can apply for Florida Kid Care, a low cost insurance at floridakidcare.org or call 1-888-540-5437 for more information.

Physical Activity and Healthful Foods

The United States Department of Agriculture (USDA) and the Department of Health and Human Services (HHS) "provide authoritative advice about consuming fewer calories, making informed food choices, and being physically active. This might help to attain and maintain a healthy body weight, reduce risk of chronic disease, and promote overall health. Recommendations from the *Dietary Guidelines for Americans* are intended for Americans ages 2 years and over, including those at increased risk of chronic disease. The guidelines encourages Americans to focus on eating a healthful diet".
cnpp.usda.gov/dietaryguidelines.htm

For more information about healthy nutrition, exercise and ways to prevent childhood obesity, please feel free to visit:

lets-go.org

cnpp.usda.gov/MyPlate.htm

www.choosemyplate.gov/

Besmart365.com

Immunizations

Florida Statute 1003.22 requires all students entering school to present a Florida Certification of Immunization form (680) or a Religious Exemption form (681) to the school. You can obtain these forms from your health care provider or from the Department of Health in Sumter County.

Immunizations are **FREE** and available at the Department of Health in Sumter County. The Department of Health in Sumter County has two locations. For the Bushnell location call (352) 569-3102 and for the Wildwood location call (352) 689-6520. **Bring your child's immunization record with you to the clinic.**

You should keep a record of all your child's immunizations. **Always send an updated 680 form to your child's school after immunizations are received.**

Immunization Requirements 2017-2018 School Year

Pre-Kindergarten

4—DTaP

3—Polio

4—HIB

1—MMR

3—Hepatitis B

1—Varicella (Chicken Pox)

Kindergarten and Grades 1—6

5—DTaP

4-5—Polio

2—MMR

3—Hepatitis B

2—Varicella

Grade 7—12

In addition to compliance with all other immunization requirements, children entering 7—12 grades need:

1—Tdap (grade 7-12)

2—Varicella (grade K-9)

1—Varicella (grade 10-12)

For more information visit: <http://sumter.floridahealth.gov/>

Head Lice

- Head lice live on the human head and lay eggs called **nits**, which stick to the hair shaft.
- Head lice crawl, but they do not jump, hop, or fly from head-to-head.
- Head lice infestation is not a life threatening condition.
- Encourage your child **not to share** items such as: combs, scarves, hats, or other clothing with other children. Check your child's head on a regular basis for head lice, such as every Saturday night.

If Head Lice are Found (Do's and Don'ts)

Use a commercial product designed to get rid of head lice, which may be obtained from your doctor or the local convenience store.

Be sure to follow the directions carefully. **Do not** over use these products. Only use for live lice.

Do find and remove **all** eggs (nits) from the hair. This can be done using by wetting combing (nit comb) and by manually using your hands.

Do check your child's hair everyday for 2 weeks to be sure no nits were missed. It is recommended that retreatment be done on day 9, and if needed, day 18. If nits are found, continue to remove by wetting combing and manually by hand.

Do check all members of the family or household and treat only those with live lice.

Do wash linens and bedding in hot water and dry thoroughly.

Do place pillows and stuffed animals in a sealed plastic bag for 2 weeks or in a hot dryer for 30 minutes.

Do vacuum carpets, pillows, mattresses, furniture and car seat.

Do soak brushes, combs and other hair objects in hot water for at least 10 minutes.

Influenza Vaccines In Schools

Flu season occurs in the fall and winter seasons and usually peaks in January or February but can occur as early as October. The Center for Disease Control and Prevention (CDC) states that the single best way to prevent getting the flu is to get vaccinated each year. **The Sumter County School Board and the Department of Health in Sumter County have partnered with Healthy Schools, LLC and will be offering the Flu-Mist vaccine to students in the 2017-2018 school year.** This collaborative effort creates a healthier community and helps keep our children in school. Further information will be sent home with students at the beginning of the school year.