



Remember that each layer of protection: self-monitoring, handwashing/sanitizing makes a difference.

If your child is sent home ill for any reason, please follow the sick student guidelines in the student handbook and it is highly recommended you consult with your physician as soon as possible if their symptoms continue or worsen.



Medication

Remember, for the safety of all children at school, students may not carry any medicine (even cough drops) with them while on school grounds. ALL medication must be checked in through the nurse's office.

If your child requires prescribed medication and the dose **MUST** be given during school hours or "as needed" such as pain or anti-anxiety medication:

- The medication must be in the original container with the pharmacy label. Please check expiration date.
- For prescription medication, a consent form must be signed and submitted by the parent with the required information: Name of student, medication dosage and time to be given, purpose, parent signature and contact information. For your convenience we have provided a consent form that can be used to for this purpose, please click on the "Medication at School" link
- Over the counter medications can be administered at the nurse's discretion but may require a consent form depending on the reason and duration of the request. Please click on the "Physicians Request for Administration of Medication at School" link.
- If cough drops/creams/ointments are needed to be kept in clinic please fill out parent permission form

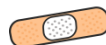
Chronic Conditions

Parents of students with chronic illnesses are asked to communicate with their school nurse at the beginning of EVERY school year to assure the child's plan of care during school hours has been updated or confirmed if no changes have taken place. **Certain medical conditions require that an Action Plan from the physician be provided and updated every school year or at least every calendar year, especially if changes occur.**



Required Medical Action Plans:

- It is important to have the correct form signed by your doctor: Please click on link ○
ASTHMA – If your child has Asthma they will need an Asthma Action Plan filled out by doctor: please click on link. Students are allowed to carry their inhaler if it is determined safe to do so by their physician. Athletes should request to carry it on their person. We still request the child report to the clinic to administer the medication if they are on campus.
 - FOOD ALLERGY/ANAPHYLAXIS – If they have a Food or Environmental Allergy they will need an Allergy Action Plan filled out by doctor (Note if student has a food allergy an action plan AND cafeteria form must be filled out by doctor): please click on link that applies to your student. Be sure to fill out ALL required forms, including cafeteria form
- IT IS IMPORTANT to notify the nurse if your child has any allergies or other medical changes that arise during the school year. Doctor's letters are required yearly for any food allergies.
 - SEIZURE DISORDER – If they have seizures they will need a seizure action plan filled out by doctor: Please click on link for the form.
 - DIABETES – If your child has Diabetes: Type I (insulin dependent) or Type II (non-insulin dependent) they will need a "Diabetes Action Plan" filled out by their doctor. If you need to provide a template for your physician please click on the link titled "Diabetes Action Plan".
 - <https://sites.google.com/gpapps.galenaparkisd.com/nursegarza/home>



Immunizations

Galena Park High School Clinic Guidelines and helpful tips

A student must be fully immunized against certain diseases according to CDC guidelines in order to remain enrolled in a Texas Public School. No student may be enrolled in any school in Galena Park ISD unless he/she has been immunized against diphtheria, tetanus, and pertussis; measles, mumps, and rubella; polio; hepatitis A; hepatitis B; varicella (chicken pox); and meningococcal disease (based on age). Please see our district handbook for detailed information. A yearly Flu shot is recommended.

Vaccine Exemptions

If it is reported by the parent that the child is exempt, the parent must present either:

1. a notarized affidavit for reasons of conscience/religious reasons:

Link for form: <https://corequest.dshs.texas.gov/>

OR

2. provide a medical certificate/documentation from the doctor explaining the reason the child cannot receive vaccines

Illness

To ensure the health and safety of all students, any students who exhibit vomiting, diarrhea, or a fever ≥ 100.0 F the morning of or the night before school, must be excluded from school. Students may return to school as follows:

Free of fever (<100.0 F) for at least 24 hours without the use of fever-reducing medications such as acetaminophen (Tylenol) or ibuprofen (Advil/Motrin).

- Food and liquids have been tolerated for at least 24 hours without vomiting and/or diarrhea, and without the use of medication to relieve symptoms.
- Students diagnosed with a contagious illness that is being treated with prescription medication, must complete a minimum of 24 hours of the prescribed medication dosage prior to returning to school.

Please contact me if your child has been diagnosed with a contagious condition such as strep throat, chickenpox, pink eye, impetigo, ringworm, flu, or has vomiting and/or diarrhea.

Contagious skin infections and Lice

Galena Park High School Clinic Guidelines and helpful tips

Students who have been sent home with symptoms of a contagious skin infection or with lice should receive prompt treatment and are expected to return to school when cleared by their doctor and free of open lesions and/or free of live organisms. If head lice are found, the hair must be treated before the child returns to school on the following day. Upon return to school, the student and parent/guardian must report directly to the school nurse, provide information about the treatment utilized and have the student checked before reporting to class.

Chronic cases and instances of non-treatment will result in unexcused absences. Please contact the campus nurse with any questions, or if you have treated your child any of these conditions.



Injury/Surgery

If your student has been injured or has had recent surgery and must refrain from strenuous physical activity, such as PE, a written note from the physician must be provided. A release from the physician must also be provided to return to normal activities.

Parents will be notified of injuries (including minor) that may require monitoring or medical attention before the end of the school day via, phone call, school status text or email.

Additional information

Please encourage your child to start each day with a healthy breakfast. Review lunch menu choices with your child daily. With the increase in the number of children with food allergies, students may not share their food at school. Please consider common food allergies, such as nuts (peanuts—including peanut butter, almonds pecans, etc.), seafood (shrimp, crawfish, fish), egg (including ingredients containing eggs such as baked goods like cake/cupcakes and cookies), soy (such as soy milk or soy sauce), and milk when sending food from home.



Adequate sleep contributes to a student's overall health and well-being. Children who do not get enough sleep have a higher risk for many health issues. The CDC recommends children from 13–18 years of age get 8 to 10 hours of sleep per 24 hours. Please click link for more information. <https://www.cdc.gov/healthyschools/sleep.htm>



Handwashing is an easy and effective way to help prevent the spread illnesses. Soap and water are recommended for use after using restroom, before and after eating, after sneezing or coughing, and after touching animal or any garbage. Handwashing tips from CDC: Please click link for more information <https://www.cdc.gov/features/handwashing/>



Daily physical activity can help children build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health issues. Please click link for more information. <https://www.cdc.gov/healthyschools/physicalactivity/facts.htm>



Please contact your school nurse if your child is need of a vision exam and glasses and they are not insured through Medicaid, CHIP, or private insurance for glasses.

Wellness plan

The campus wellness plan is developed by the school nurse, Physical education coach, cafeteria manager, school counselor and Communities in Schools coordinator. Please click link to view. If you are interested in the development, implementation and evaluation of the wellness policy and plan, please contact the Department of Student Support Services at 832-386-1033 or the school nurse at 832-386-2821.