SCHOOL NURSE CORNER

For the Upcoming 25-26 School year

Medication at School – Guidelines for Parents & Staff

Ensuring Safe Administration of Medication

1. Required Documentation

- **Prescription & Over-the-Counter (OTC)**:
  - Must have **written authorization** from both the **parent/guardian** and a **licensed health care provider** (LHP) — even for short-term use
  - All orders must be **current and unexpired**.

2. Medication Preparation & Delivery

- Must be brought in the **original labeled container**, clearly showing student name, dosage, and instructions
- Supply limited to a **30-day quantity**; controlled meds require **count and documentation** by staff and parent upon drop-off

3. Administration & Storage

- Only **designated, trained staff** can administer medications, in line with LHP orders
- Medication must be **examined** before use to ensure it's in the proper container and label
- Stored securely in the **nurse's office**.

4. Student Self-Administration

- Students may self-carry/administer inhalers, epi-pens, or diabetes meds **only with LHP and parent approval** and demonstrated competence

5. Emergency & Special Cases

- **Asthma, anaphylaxis, seizure, and diabetes care**: additional health plans required. Parent-designated adults (PDAs) can assist once trained
- **Stock epinephrine & naloxone**: available per Washington state protocols .

6. Monitoring & Documentation

- Each administration is recorded on the **Medication Administration Record (MAR)**.
- Missed or refused doses, student absences, or errors are documented and communicated to parents and supervising nurse per state law

7. Disposal Procedures

- Parents must collect unused medication within **two weeks** of discontinuation or year's end. Unclaimed meds will be properly disposed of by two staff members .



What You Need to Do:

1. **Complete and sign**:
    1. Parent/guardian permission form
    2. LHP medication authorization form
2. **Bring medication** in the original container, following labeling and quantity guidelines.
3. **Drop off to the nurse's office**, accompanied by a parent or guardian.



Why This Matters

- Complies with **Washington State RCW 28A.210.260–.270** and OSPI guidelines.
- Trained staff and detailed records help **prevent errors**, **support health needs**, and **protect all students.**
- Proper storage and disposal enhance **safety and accountability**.

DSHS WashingtonTrained staff and detailed records help **prevent errors, support health needs**, and **protect all students**



Questions?

Contact our school nurse or the district office:

- 📞 Mossyrock Elementary: 360-983-3184
- 📞 Mossyrock Jr/Sr High: 360-983-3183
- 📧 District Office: 360-983-3182

ALSO VERY IMPORTANTLY:

If your child is subject to unusual health hazards such as allergy to certain foods or bee stings and requires special medical intervention (i.e. Asthma, Diabetes, etc.) please notify the principal and/or School Nurse.

Diabetic students: The school staff will follow the Washington State Board of Education Plan for "Care of Diabetic Students at School". Contact the School Nurse for development of your child's Individual Health Plan.

Some students may need to self-medicate for certain chronic health conditions. Students who need to self-medicate with prescription drugs (i.e. Inhaler, Epi Pen) must have a self medication authorization form on file which includes the HCP and Parent/Guardian signatures. *Forms are available in the school office.*

Just some housekeeping and reminders

- Please remind students to bring refillable water bottles from home
- Please update contacts in the event you can not get to your child in a reasonable amount of time when sick or injured.
- The nurse has a limited amount of extra clothing in the event of an accident or need to change clothes. Please wash and return at your earliest convenience! Donations accepted, play clothes, tshirts, leggings and sweat pants only







Back-to-School Bugs: How to Keep Sickness at Bay This Fall

Tips from Your School Nurse on Starting the Year Healthy



Tips from Your School Nurse on Starting the Year Healthy

It never fails—just a few weeks into the new school year, the sniffles start, fevers pop up, and stomach bugs make their rounds. Between shared supplies, crowded hallways, and kids adjusting to new routines, school can become a hotspot for germs. But there's good news: there are some easy, practical ways to help your child (and your whole household) stay healthier as the year gets going.

1. **Handwashing Is Still the MVP**

Encourage your kids to wash their hands regularly—especially before eating, after using the bathroom, and when they get home from school. Soap and water for 20 seconds does the trick. If they need a reminder, teach them to hum the "Happy Birthday" song twice while washing.

2. **Boost That Immune System**

A well-balanced diet, plenty of water, good sleep, and daily activity can really help a child's immune system function at its best. Try to keep routines consistent during the school week so their bodies can rest and recharge.

3. **Teach "Cough and Sneeze" Etiquette**

Coughing or sneezing into the elbow (not hands!) is one of the easiest ways to stop germs from spreading. Tissues should be used once, then tossed in the trash, followed by—you guessed it—handwashing.

4. **Keep Sick Kids Home**

We know it's hard to miss school, but kids should stay home if they have a fever, vomiting, diarrhea, or a persistent cough. It gives them time to rest and keeps classmates from getting sick. A good rule of thumb: your child should be fever-free for at least 24 hours (without medication) before returning to school.

5. **Label Those Water Bottles**

Hydration is important, but drinking from someone else's bottle or cup can spread all kinds of germs. Make sure your child's water bottle is labeled and talk to them about not sharing drinks or food.

6. **Wipe Down Supplies and Backpacks**

Lunchboxes, backpacks, and devices like tablets or Chromebooks get a lot of use—and they can carry a lot of germs. A quick weekly wipe-down with disinfecting wipes can make a difference.

7. **Get Those Vaccines and Wellness Visits In**

Make sure your child is up to date on immunizations and has had their annual check-up. This is especially important in Washington state, where certain vaccines are required for school attendance. Flu shots and COVID boosters (if eligible) are another layer of protection heading into fall.

A Strong Start Makes All the Difference

The beginning of the school year is a great time to set healthy habits that can last all year long. Staying proactive with hygiene and routine can help keep your family healthier—and reduce those unexpected sick days.

Here's to a happy, healthy school year!

Required Vaccines

Minimum Doses by Grade Level



Kindergarten–6th Grade

- DTaP: 5 doses
- Polio (IPV): 4 doses
- MMR: 2 doses
- Varicella: 2 doses (or verified history of disease)
- Hepatitis B: 3 doses

7th–12th Grade

- DTaP: 5 doses + 1 Tdap booster (given at age 10 or older)
- Polio (IPV): 4 doses
- MMR: 2 doses
- Varicella: 2 doses (or verified history of disease)
- Hepatitis B: 3 doses

Note: Some students may have fewer required doses depending on their age and when they received their shots. This follows the CDC's catch-up immunization schedule.

Caution: Concussion! Signs, Symptoms, and School Safety

What Parents and Staff Need to Know

With sports, recess, and everyday play, bumps and falls are bound to happen. But when a hit to the head is involved, it's important to watch for signs of a **concussion**—a type of brain injury that can affect how a child thinks, feels, and functions.

Common Signs and Symptoms

Symptoms may show up right away or hours later. Keep an eye out for:

- **Headache or pressure in the head**
- **Dizziness or balance problems**
- **Nausea or vomiting**
- **Blurred vision or sensitivity to light/noise**
- **Confusion or appearing "dazed"**
- **Memory problems or trouble concentrating**
- **Slurred speech**
- **Fatigue or sluggishness**
- **Changes in behavior, mood, or sleep**

If a student loses consciousness, even briefly, or shows worsening symptoms (like repeated vomiting or trouble walking), they need immediate medical attention.

Prevention Tips

While not every bump is preventable, there are smart ways to reduce the risk:

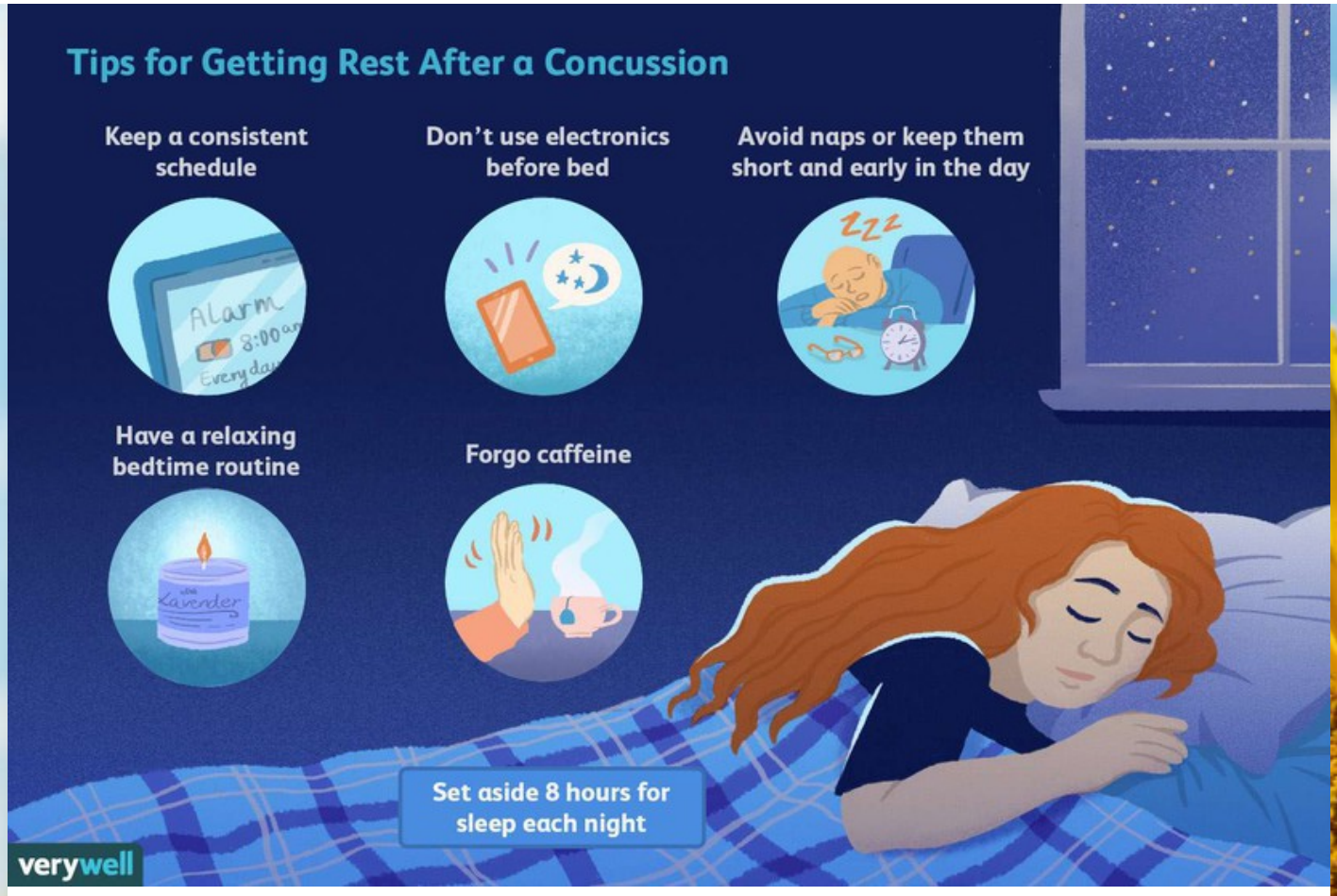
- **Use proper safety gear** (helmets for biking, skateboarding, or sports)
- **Follow playground safety rules** and encourage age-appropriate activities
- **Educate students on safe play**—no roughhousing or pushing
- **Ensure sports coaches and staff are trained** to recognize and respond to concussions
- **Make rest a priority** after any head injury—kids need time to heal

What Schools Can Do

- Encourage reporting of head injuries—**even if they seem minor**
- Provide **quiet space and academic adjustments** as needed during recovery
- **Communicate with families** and healthcare providers for a safe return to learning and activities

When in doubt, sit them out.

It's always better to be cautious when it comes to brain health. A little time off now can prevent long-term problems later. Let's keep our students safe, supported, and ready to learn!



ARE YOU HOMELESS OR IN DANGER OF BECOMING HOMELESS?

Please contact the School Nurse, who is also the Homeless Liaison
Email: kpickering@mossyrockschools.org
Phone: 360-983-3184 Ext: 312



For immediate assistance:
https://lewiscountywa.gov/departments/public-health/social-services/homeless-and-housing-program/

Kristi Pickering
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