



Incoming Pre K and K Hints from the Health Offices

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1. Emergency Contact Information: It is imperative that contact information is current. This includes home/cell/work phone numbers as well as persons to contact in the event that we cannot reach parents/guardians.

2. Phone calls: We call parents/guardians whenever a student is ill or significantly injured. We generally do not call parents/guardians for minor visits to the Health Office.

3. Medications: Most medications can be administered outside of school hours. If it is necessary to administer medication at school, parents/guardians are asked to bring the medication to school in its **original container** and to complete an Authorization to Administer Medication form which is available from the Nurse's Office. The student's health care provider may need to be contacted to verify the medication order and parents should allow 24-48 hours for this to happen. **Students are not allowed to transport medication on the bus.** This includes over-the-counter medication such as cough drops, acetaminophen, ibuprofen, etc.

4. Clothing: Students frequently require a change of clothing. Please provide clothing that can be kept in your student's "cubby" or carried with them in a ziploc bag in their backpack.

5. Dental Grant-SOHP: RSU 16 works with the Maine DHHS- School Oral Health Program which allows us to offer a dental screening and a fluoride varnish treatment twice during the school year (usually a fall and a spring session) to all students in Pre K - Grade 12. This program is free. Permission forms will come home in September. We will also continue to offer dental screenings with cleanings for a nominal fee to all students twice a year through the Healthy Smiles for ME program (formerly Tooth Fairies, Inc.).

6. Illness: Do not send a sick child to school. If your child is sick, she/he should stay home to rest and recuperate. Children who have had a fever of 100.4 degrees or greater must continue to stay home for an additional 24 hours to be certain they no longer have a fever without the use of fever-reducing medications such as acetaminophen (Tylenol) or ibuprofen (Advil, Motrin). Students should also remain at home until 24 hours have passed since their last episode of any vomiting or diarrhea.