

# Kindergarten Health Newsletter

## What do I need to do before my child enters school?

There are some basic health related things you will need for your child before they attend Kindergarten. Here is a checklist:

- [Required immunizations](https://bit.ly/2RxWv6z) (<https://bit.ly/2RxWv6z>)
- Preschool Physical (Highly Encouraged)
- Preschool Dentist Visit (Highly Encouraged)
- Preschool Eye Doctor Visit (Highly Encouraged)

Immunizations are available at the Central Valley Health District (CVHD) or through the local clinics.

CVHD will file with your insurance. For those who do not have health insurance coverage, vaccines may be administered through the Vaccine for Children (VFC) program also available at CVHD.

## School Nursing

Jamestown Public Schools contracts with Central Valley Health District to provide limited school nursing services. Here is a list of services the school nurses provide:

1. School vision screenings.
2. Vaccinations.
3. School nurse visits including assessment of illness or injury and minor first aid. Students can request or be referred by staff to be seen during regularly [scheduled nursing hours](https://bit.ly/2YjAB8c) (<https://bit.ly/2YjAB8c>).

## NEW POLICIES

### Administering Medications to Students

The Jamestown Public School Board established a program for providing medications to students in accordance with new legislation NDCC 15.1-19-23. This program requires that:

- Students on prescription medications must have a written order from a provider for each medication submitted to the school on the approved form.
- Parent or legal guardian must provide prior written consent on the approved form for the administration of any over-the-counter medications including ibuprofen/acetaminophen.
- For more information regarding the school district's policy regarding administering medications to students, see the school handbook located at the Jamestown Public School District Administration Office, 207 2<sup>nd</sup> Ave. SE, Jamestown, ND.

### Head Lice

Based upon national guidelines, CVHD recommends that children remain in school until the end of the school day and may return to school after treatment with a "lice killing" hair product. Research shows "no-nit" policies do not decrease the number of cases of head lice. Note: school policies may vary. See the [School Nursing](https://bit.ly/2YjAB8c) page (<https://bit.ly/2YjAB8c>) for more information

## Health Guidelines

Each year we have questions from parents about their child's health and exemptions from school. Here are some general guidelines:

- Children are expected to be in school unless they are ill. Symptoms that *may indicate* illness can include: upset stomach, headache, fever of 101 degrees or more, inflamed throat, severe cough, a runny nose, a skin breakout or new rash, or swollen glands.
- In cases of a fever over 101 degrees, a child should remain at home until he/she has been fever-free for at least 24 hours without the use of over-the-counter products (i.e. ibuprofen/acetaminophen).
- In cases of vomiting and/or diarrhea, a child should be kept at home for a minimum of 24 hours after the last bout of vomiting and/or diarrhea.
- If a child is kept home in the morning because of symptoms associated with a contagious illness, they **should not** return in the afternoon **unless** they have seen a doctor and have been told they are not contagious. The elementary schools may send home an exposure letter with children that have been exposed to something contagious.
- If your child is ill and symptoms worsen or persist longer than usual, it is recommended that your family medical provider be consulted.
- A child **should return** to school if they were absent because of a toothache, doctor or dentist appointment, minor injury or reasons of this kind.

If you have questions regarding your child's health please contact CVHD by phone at 701-252-8130. Additional information is available on the CVHD [school nursing page](https://bit.ly/2YjAB8c) (<https://bit.ly/2YjAB8c>).

## Good Health and Hygiene Tips

- **Proper Hand Washing**  
Hand washing is easy to do and it's one of the most effective ways to prevent the spread of many types of infection and illness. Everyone should wash their hands before eating, drinking, touching your face and preparing food.
- **Getting Enough Sleep**  
For most children this means getting about 10 hours of sleep every night (needs vary from person to person and change with age). Getting enough sleep will help children wake up feeling rested with lots of energy for the school day ahead!
- **Love Your Smile**  
The most important part of tooth care happens at home. Brushing and flossing properly, and regular dental checkups, can help prevent tooth decay and gum disease. Children should brush at least twice a day for 2 minutes or more.
- **Clean Hair is Simple**  
If your child's hair is oily, shampoo daily. If it's dry wash just once or twice a week. Use a conditioner if you like. Comb or brush their hair in the morning before leaving for school and at bedtime. Keep a comb or brush at school, too.
- **Eating Right**  
Get your child on the path to healthy eating. Focus on the meal and each other. Offer a variety of healthy foods. Be patient with your child. Let your children serve themselves. Remember fruit and veggies—more matters.
- **Being Active**  
Children should get 60 minutes or more of physical activity a day. Have them pick activities they like and do each for at least 10 minutes at a time. Every bit adds up, and health benefits increase as you spend more time being active.