



LIBERTY MIDDLE SCHOOL HEALTH ROOM

Dear Parent or Guardian:

Greetings from your school health room!

Our goal is to ensure that your student enjoys a healthful, safe school year. Read the following information carefully and, if you have any questions, feel free to call either the School Health Aide (SHA), Susan Berkheimer at 703.988.8110 or the Public Health Nurse (PHN), Cindy McKee, RN, at 703.988.8297.

School health services:

- ❖ Provide care for the sick and injured per school guidelines.
- ❖ Hearing and Vision Screening: grades K, 3, 7, 10, new to Fairfax County Public Schools (FCPS) and those students referred by teachers or parents.
- ❖ Care and coordination of care for students with identified problems or conditions during the school day.

How you can help your school clinic provide the best possible care:

- ❖ Alert the SHA/PHN of any special health concerns.
- ❖ Keep the Emergency Care Information current.
- ❖ Keep sick children home. Children don't perform as well when feeling ill.
- ❖ Your student should stay home for a fever of 100.4° or higher, vomiting or diarrhea for 24 hours after the last episode and be medication free before returning to school.
- ❖ When medication must be administered during the school day, please follow the guidelines established in the current version of FCPS Regulation 2102:
 1. Complete Medication Authorization forms (online at www.fcps.edu).
 2. Provide properly labeled containers (contact your pharmacist if you need extras).
 3. Medications **must** be transported by a parent or guardian.
 4. Medications **must** be locked in the school health room or other school-approved location.
 5. OTC medications may be given up to **10** consecutive school days with a parent or guardian signature prior to needing a physician's authorization.
 6. OTC pain relieving medications for muscle aches, orthodontic pain, menstrual cramps and headaches may be given as needed throughout the school year with a parent or guardian signature on the Medication Authorization form.
 7. Cough drops/ throat lozenges may be carried and used by students in kindergarten through grade 12 as needed provided they are in the original packaging and individually wrapped. Students are not permitted to share under any circumstances.

Thank you for your cooperation and assistance in helping to make this a safe and healthy school year for all FCPS students.

Cindy McKee, RN, BSN
School Public Health Nurse