



SCHOOL NURSE WELCOME LETTER

August 6, 2020

Dear Mercy Families,

Welcome back for our 2020-2021 school year! I am looking forward to working with each of you to ensure that this year is both healthy and safe for every member of the Our Lady Family. Our students learn best when their health is at its optimum.

The OLOM School Health Center is located near the Upper School Office. Our Health Center serves the needs of sick and injured students, faculty and staff. If, at any time, you feel a need to discuss the health of your child, please do not hesitate to contact me. We can schedule a meeting and also coordinate a time with your child's teacher(s) if you would prefer to include them in our discussion.

As the school year begins, I would like to remind you of some important school/Diocesan policies to make note of:

- **Immunizations:**
Immunizations are important to ensure that our students interact in a safe and healthy environment. If your child has received updated immunizations during the summer, please provide a copy of his/her State of Louisiana Certificate of Immunization Record (Louisiana state seal included) and signed by your pediatrician.

- **Medications:**
If your child requires administration of daily or as-needed medications during school hours, please complete and return the required two forms:
 1. **OLOM School Medication Form** completed by parent and signed by your pediatrician. This includes all physician prescribed medications and any over-the-counter meds such as Tylenol, Ibuprofen, and topical creams.
 2. **State of Louisiana Medication Order** completed by both parent and physician.

These forms can be found on our website under "Parents"- "Forms & Information". Please note the following:

- A separate form set is required for each medication.
- Consent applies for the duration of the current school year only.
- Medications must be provided in the original container.



- **Illness and Fever:**

Occasionally, it may be necessary for a student to remain home from school due to illness. Following a bout of nausea, vomiting, diarrhea or fever, your student should stay at home and be observed for further symptoms. Fever is defined as a temperature of 100.4 or above, as measured **without** the use of fever-reducing medication. It is also advisable for your student to forgo attendance if there are symptoms of sore throat with a fever, chills, a persistent and productive cough, ear pain, discharge or redness of eye(s), or unusual skin eruptions.

Please remember that prior to returning to returning to school, your student's temperature should remain within a normal range (97.0-100.0) for 24 hours - without the use of fever-reducing medication.

I would also like you to be aware that there are many volunteer opportunities in the Health Center for parents and grandparents. Please feel free to sign up as volunteer through our Home and School Association. Your help is always welcomed and appreciated in the following capacity:

- Daily assistance in the Health Center
- Registered Nurse substitutes
- Annual Scoliosis Screening and Hearing and Vision Screening (Both of these events will be held during the 2021 spring semester)

In closing, I would like to encourage you to make sure that your student gets plenty of nightly rest and begins each new day with breakfast. The American Academy of Pediatrics recommends that school age children sleep 9 to 12 hours per 24 hours on a regular basis to promote optimal health. Many mid-morning headaches and stomachaches are due to rushing out of the door without eating breakfast. Starting every day with a nutritious meal will help your child feel more alert, focused, and ready to learn.

Wishing you all many prayers for a healthy and safe school year,

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School Nurse

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