



DIOCESE OF CHARLOTTE
CATHOLIC SCHOOLS

Health Information

All MACS schools are staffed with a full-time or part-time registered nurse. In addition to the school nurse there are school personnel trained in CPR and First Aid, who can assist with emergencies.

It is vital that the school nurse/school personnel have accurate contact information and up to date health information for your student(s). Please make sure you provide this at the start of the school year and as applicable during the school year.

Physical assessments by a licensed healthcare provider are required for all new to MACS students and those currently enrolled entering kindergarten, 6th and 9th grades. Please use the Diocese of Charlotte **Student Physical Form** available on your school's website.

Policy for Medication Administration

The Diocese of Charlotte Catholic Schools policy for medication administration applies to all prescription and non-prescription (OTC) medications for **ALL GRADES PK/TK-12**. This policy will be followed by school personnel during the school day, after care programs and on school sponsored field trips. **No medication will be given to any student without a signed Medication Authorization Form completed and on file in the health room.** This is a no exception policy that is in place to protect the student, therefor ensuring the safest possible care for your student. Forms are available on your school website and/or through your school nurse.

Field Trips

It is the responsibility of the parent to complete the permission slip in full, including the medication section, and return to school on the date provided. Field trip permission slips include a section for authorizing administration of medication while on a school sponsored field trip, if necessary.

To leave campus for field trips, a student must have their emergency medication available.

The school nurse/designated school personnel must have advance notice to prepare medications for school field trips, therefore no medications will be accepted and prepared on the day of the field trip.

During a school sponsored overnight field trip, all prescription, and over-the-counter medication(s) your student may need during the trip MUST be administered by school personnel, even if a student is over the age of 18. The only exception to this policy would be emergency medications such as epi-pens, inhalers, insulin, etc. All necessary forms must also be complete and on file in the health room.

Illness Guidelines and Protocols

Please notify the school nurse if your student has been diagnosed with a communicable illness such as strep throat, pink eye, hand/foot/mouth, norovirus, chickenpox, mononucleosis etc. This is very helpful in decreasing the spread of illness.

Fever- Parents will be contacted to pick up a student with a temperature of 100 degrees or higher, or at the nurse's discretion. Please do not send your child to school with a fever. If your child requires fever-reducing medicine such as Tylenol or Motrin to maintain a normal temperature, they should not be at school. Please do not send your child to school until they have been fever free for 24 hours (without the use of medicine).

Vomiting/Diarrhea- If a student has had vomiting and/or diarrhea in the past 24 hours, please keep them home. Their resistance may be low, making them more susceptible to a secondary illness. Vomiting and diarrhea can be very contagious.

Strep Throat- If your student has a positive strep screen or culture, please keep them home for 12-24 hours after starting antibiotics.

Red, Swollen, Inflamed Eyes- If your child wakes up with crusted, matted eye lids or if they are red, swollen, burning, itching, please keep your child home and consult with your physician. Conjunctivitis (pink eye) is highly contagious, especially in the elementary school setting. They may return to school after 24 hours of antibiotic treatment for bacterial conjunctivitis.

Head Lice- Students identified with live lice will be sent home and should be treated with an OTC treatment (Rid, Nix, etc.), prescription medication or lice treatment company. Please consult with your physician for questions regarding best treatment options for your student. Once treated the student may return the next day and should be seen in the health

room by the nurse, before going to class. MACS schools follow the guidelines outlined by the American Academy of Pediatrics, the Centers for Disease Control, and the National Association of School Nurses for the management of head lice in the school setting. A student does not have to be "nit free" to attend school.

The school nurse delivers care to students and is available to administer medication, first aid and emergency care when necessary. The school nurse also acts as a liaison among the student, teacher, parent, and physician.

After evaluating a student, the nurse will contact the parent/guardian if the nurse has determined that the student should go home. Please come promptly for your student. Continuous care for long periods of time is not suitable in a school setting; therefore, prompt retrieval of your student is greatly appreciated.

Vision Screening

Vision Screening will be performed for students in grades 1, 3, 5 and 7. Parents will be notified if the student does not pass or struggles with the exam. Any student may have a vision screening upon request, either by the parent or the teacher. Please contact your school nurse to request a vision screen for your student and/or to update your student's eye exam results.

Health Education

School nurses assist the teachers in presenting age-appropriate health lessons for your student. Topics include, but are not limited to: basic hand washing, nutrition, exercise and rest, water safety, basic first aid, CPR and drug/alcohol awareness.

Student Athletics

MACS school nurses are not directly involved in student athletics. Please contact your school's Athletic Director for specific questions regarding sports physicals, eligibility and medical clearance.