



MSD of Shakamak
Office of the Nurse

Dear Families,

Welcome back for our 2023-2024 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 Shakamak Family.

Students learn best when their health is at its optimum. Please let me know of any health concerns or changes that may affect your student's health as well as any allergies to medications or foods. 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 policies to make note of:

General Wellness: Diet, exercise, and sleep are important factors in your child's health. Please make sure your child is getting adequate rest and nutrition as well as physical activity. Many headaches and stomach aches are the result of children not eating a healthy diet. That is usually the first question I ask students when they come into the health office. The school does serve breakfast at 7:50 every morning and children are encouraged to take advantage of that resource.

Immunizations: Immunizations are important to ensure that our students interact in a safe and healthy environment and are a requirement for Indiana public schools. If your child has received updated immunizations during the summer, please provide a copy of his/her Immunization Record. Your child may be excluded from school for incomplete vaccines. Please see the attached immunization requirements.

Medications: If your child requires administration of daily or as-needed medications during school hours, please note; a parent/guardian must bring the medication to school, where a consent form will be completed and signed. Please do not send any medication(s) to school with your student. Medications of any type, even over the counter medications, **should never be delivered to school by the child.** The school nurse will not administer any medication or treatment without a consent form and/or a physician's order or prescription on file. No exceptions will be made. All medications must be in a bottle with a current prescription label affixed, including the student's name, date of birth, prescriber information, medication name, as well as the correct dosage and directions. Routine morning meds should be given at home prior to sending your student to school.



MSD of Shakamak
Office of the Nurse

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 school, your student's temperature should remain within a normal range for 24 hours - without the use of fever reducing medication. If your child is sent home from school with an illness, they must remain home from school the following day. That absence will be counted as excused, with Friday being an exception. Monday absences will not be excused for Friday illness.

Clothes Closet: Children do have accidents at school; please be sure to send a change of clothing in their backpack to keep at school. If your child has an accident, they will be provided wipes to help with their own cleanup. We do have a small supply of donated clothing and will provide a change of clothes if able. Parents will only be called if we do not have any clothing for the child. Also, please remember the temperature can fluctuate widely during the school day. Please make sure your child is dressed appropriately or has clothing available for those fluctuations.

Kind Regards,

Julie Rehmel, RN, BSN
Corporation Nurse
MSD of Shakamak
Jasonville, Indiana
(812) 665-3550 ext. 2203
jrehmel@shakamak.k12.in.us