

# STrIDE

## Health Services Newsletter

Welcome back to the 2016-2017 school year! Our first couple weeks at school have been very busy and we have had many questions from parents as well as information we want to share with all our families.



## Medications At School

Since it is a new school year everything here in Health Services starts *fresh*. This means if your child takes medications at school we need new orders, new consent forms, and new emergency or allergy action plans. Unfortunately, we cannot give medications until all of these are in place.

### So what do you need to do?

To make this easy we now have the medication consent form located on our website at:

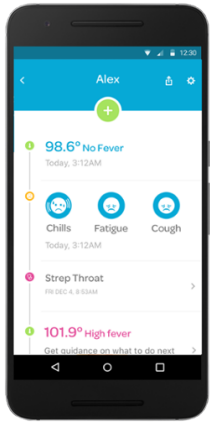
<http://strideacademy.org/health-services/>. Simply fill out the upper portion of the consent form and **either** give it to your child's provider to complete and fax back to us **or** have them fax us a copy of the medication order(s) and any emergency action plans and bring along your portion of the consent form when you bring in your child's medication. Medications should not be sent with your child to school. Medications should be brought to school by a parent/guardian or a responsible adult in the original bottle labeled by the pharmacy. Many pharmacies are happy to provide you an empty labeled bottle for school should you need to keep some of the medication at home.

**Does your child use an inhaler or nebulizer?** Here are some things to consider:

- **Check the expiration date.** It can be easy to lose track of this especially when your child is well and not using it often.
- **Does your child self-carry his/her inhaler?** We need to know! Children can get into a crisis fast when their asthma acts up. Many children tend to keep their inhaler in their locker where it may not always be convenient to get to in an emergency. Knowing your child carries an inhaler can help us to get treatment to him/her sooner. Contact your clinic and have them fax an order for the rescue inhaler that states they are cleared by the provider to carry their inhaler. From there we will work with your child to make sure they know how to use their inhaler correctly, where they will be storing it, and if they lock their locker that we have the combination should we need to help them get to their inhaler.
- **Does your child use a nebulizer?** We can help! We have a nebulizer machine here on site and can administer the medication your child needs- all we need is you to provide a set of tubing and a mask along with the medication to have on hand here at school. Tubing is universal so no need to worry about fit or type.



# Kinsa App



Last year was our first year with using the Kinsa Smart Thermometers and phone app and it was a success! We heard so many great things from staff and parents. We are happy to announce that we are continuing use of the app again this year. It is an exciting and easy way to update families on the health and wellness of our school.

**New or unfamiliar with Kinsa?** It is an app that works on your smartphone to track your family's illness symptoms, temperatures, take photos of rashes, etc. and when medications were given. The app also connects you with the STRIDE Academy community to see what illnesses are going around the school. Parents can share anonymously what symptoms and illnesses their children have and it allows the Health Services staff to update you on things we are seeing here in school ([see video](#) for more details). It works with or without the Kinsa Smart Stick or Ear Thermometers. Last year we were able to supply families with them for free thanks to a grant we received completed by a STRIDE parent! Unfortunately, we will not be able to provide free thermometers to new families, but you may still purchase one through Amazon or at

their website:

<https://www.kinsahealth.com/products>

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## Food Allergies

Though most of us might not realize it, living with food allergies can be very hard for some children. In order to help make it easier STRIDE has a few recommendations we hope you will take time to review with your children:

- No food of any kind is allowed on the bus or in the common areas of the school such as the hallways or gyms. This is for student safety- food allergies go way beyond just nut allergies.
- Brought peanut butter for lunch? Great! Make sure to wash your hands when you're done eating! This is a good practice all around no matter what you eat.
- While we allow children to bring items that are store bought for celebrations, it can be hard on kids who aren't allowed to partake. Think outside the box when it comes to celebrations such as "birthday treats".



### Here are some ideas:

**\*Fruits and vegetables.** They don't get enough as it is, so why not? Teachers will tell you, kids love them!

**\*School/Art supplies.** That's right! What kids wouldn't love a new box of crayons or a new pencil to take home. They are even available at the dollar store!

**\*Trinkets.** Let them bring in those little party trinkets! We all know when they get those cupcakes they are more concerned about the ring on top anyway, so why not just skip the cupcake and go for the cheap toy!

**\*Necessities.** Again, what kid would not love a new toothbrush! For the price of cupcakes you could spend the same at the dollar store and get kids something they really need! I hardly think any child will complain about getting something new!