



Notes From the Nurse

If your child is sick:

- Children must be fever free (less than 100.0 degrees) for 24 hours without the use of fever reducing medications (such as Tylenol or Advil / Motrin) before returning to school.
- Children must be free of diarrhea/vomiting and tolerating food and water for 24 hours before returning to school.
- Please call the school nurse if your child has been diagnosed with a contagious condition such as Covid-19, pink eye, strep throat, chicken pox, head lice, impetigo, ringworm, or Flu.

Forms

- Forms can be downloaded from the Hubenak Elementary School website by clicking on “About” and “Nurse’s Notes”. Links to needed forms are located on the right-side of page: mediation order forms, allergy action plans, dietary restrictions, etc.

<https://www.lcisd.org/campuses/hubenak/about/nurse's-notes>

Medications

- Children are not permitted to carry medications; this includes cough drops. Parents must deliver the medication, in its original container, to the clinic and bring only the necessary amount for school. • All prescription medications must be in the original pharmacy container. Medications such as antibiotics for 3 times a day or every 8 hours are to be given at home. There are no "stock medications" in the clinic such as Tylenol, Motrin, Tums, Neosporin, etc.

Food Allergies

- We are NOT a peanut free school, but we do not serve peanut items on the menu. In order to accommodate any food restrictions, you must fill out the Dietary Accommodation Form and have it signed by your physician. This can be found on the LCISD website under Departments, Child Nutrition and click on the Dietary Accommodation section. <https://www.lcisd.org/departments/support-services/foodservice/dietary-accommodation-information> • Any severe food allergy will require a Life-Threatening Allergy Action Plan signed by your physician.

Immunizations

- Texas Department of Health requires all school age children to be up to date on immunizations. Children are excluded from school until the required immunizations are obtained and a copy is given to the school nurse. You may also reference <https://www.dshs.texas.gov/immunize/school/school-requirements.aspx> for a complete list of required immunizations PRIOR to starting school.

Clothing

- All students must always have a change of clothing in their backpacks. This is to avoid the nurse having to call you should your child need a change of clothes for a restroom accident or any other reason.

Absent

- If your child is absent, please send in a note from the doctor (if one was seen) or yourself stating the date and reason why your child was absent. There is an Attendance Review Committee that monitors the amount of tardies and absent days a student has, and these notes are very important in order to avoid truancy charges. Emails to the teachers or front office are not accepted; it must be a paper note.

Miscellaneous

- Please provide a healthy snack and a water bottle for your child each day. All snacks must be nut-free due to other children's allergies. Many headache and stomachache visits to the clinic are from students not eating breakfast or not drinking enough water.

Beginning of Year Forms:

- All medical conditions must be logged into Skyward. In addition, please list at least 2 medical emergency numbers in Skyward. If I cannot reach a parent, and there is a medical emergency, I will have no choice except to call an ambulance.

If you have any questions regarding your child's health, please feel free to email, call or stop in the clinic. My door is always open. Looking forward to a safe and healthy year!

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