

# SCHOOL HEALTH NEWS

Champaign Unit 4 School Nursing Newsletter

Winter 2017

## Health Notes from your School Nurse

This is the time of year when many viruses and germs are prevalent. Keeping your ill child home is an important way to limit the spread of germs at school. Sometimes knowing when to keep your child home is a difficult decision for parents. Unnecessary absences interfere with learning, here are some helpful guidelines:

- Children must be fever free for 24 hours without medications that lower fever before returning to school. (Fever is defined as 100.0 or higher)
- Children with a positive strep culture must be treated with prescribed antibiotics for 24 hours before returning to school.\
- Children that have been vomiting or have had diarrhea must remain home until the vomiting or diarrhea has stopped for 24 hours.
- Any student with a temperature of 100.0 degrees or higher, vomiting or diarrhea who is sent home from school, may not return to school until 24 hours fever or symptom free, without medication.

Please call your school nurse or school office with any questions.



## How to Stop the Spread of Germs at School

- Stay at home when you are sick
- Cover your mouth or nose when you cough or sneeze
- Clean your hands
- Avoid touching your eyes, nose or mouth
- Avoid contact with others who are sick

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Glucose Monitoring

## Signs and Symptoms of Type 1 Diabetes

Teachers are trained yearly on the signs and symptoms of diabetes in addition to the care of students with the condition in their classroom. Parents should also be aware of the signs to watch for in children.

- Frequent urination
- Extreme thirst
- Fruity or sweet smelling breath
- Increased hunger and unexpected weight loss
- Feeling run down or tired

If your child exhibits the sudden onset of these symptoms, please contact your doctor.

## Pediatric Diabetes Education

BY SARAH MARTIN, BSN, RN

The Pediatric Diabetes Education Book was developed during the spring of 2016 by Sarah Martin, BSN, RN. As the school nurse at Jefferson Middle School, Sarah saw the need for continuing education and support for Type 1 insulin-dependent diabetic students in the Unit 4 school district.

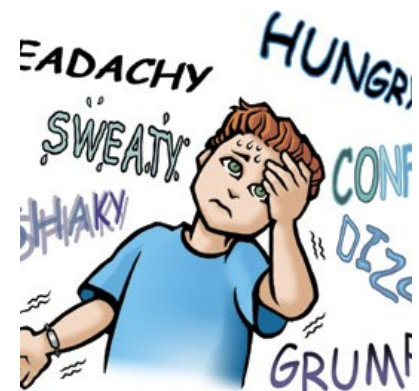
The book is designed to follow a student throughout their school career, covering basic to complex topics about the diabetes disease process.

### What is covered?

Topics include high and low blood sugar and their management, daily treatment and management of diabetes, carbohydrate choices and label reading along with other topics. Students will study each topic, review and discuss the subject with their school nurse, and then complete a short quiz to test their comprehension.

### Goal of the program

The goal of the program is to assist students in achieving better control of their diabetes, which will improve their quality of life and decrease long term complications related to Type 1 diabetes mellitus.



## Never Too Early!

Physical exams for school are good for one year prior to the school registration date.

Students who are required to have an exam for the 2017-2018 school year can get an exam at any time for the coming year.

Contact your physician or health clinic to schedule now and avoid the summer rush. Don't let your child miss any school days due to the physical and immunization deadline!



## School Health Exam Deadlines

### Deadline for Dental Exams:

The deadline for dental exams for students is May 15, 2017. All students in kindergarten, second and sixth grades are required to submit a recent exam. Exams are good for 18 months prior to the deadline.

### Physical and Immunization Exams:

The deadline for physical exams and proof of required immunizations for the next school year is **September 1, 2017**. Students must present proof of a current physical and the required immunizations by end of the 1st, or be excluded on the following school day until proof is submitted.

Grades that require an exam, and/or immunizations: kindergarten, sixth, ninth, and twelfth grades. Please contact your school office with any questions.

# Nursing Spotlight

Meet Valerie Skaperdas one of our school nurses. Valerie was the first nurse hired by the district when nursing services resumed in 2006. Valerie laid the foundation for the current school health services at Unit 4.

Valerie received her nursing degree from Parkland College. She has experience in Maternal/Child Health, NICU, and Mental Health nursing for children and adults. She has experience working in counseling and substance abuse treatment as well.

Valerie serves B.T. Washington elementary, Stratton Elementary, Novak Academy, and the Champaign Early Childhood Center.

## In Her Own Words

“I love working as a nurse in the school environment. I enjoy the fact that everyone around me, every role and area of expertise, is comprised of other people who love children and are just as invested in their future potential. I feel that nurses are an important part of that process with the contributions we make toward student health and wellbeing.

Like most nurses, I like to know that I am making a positive difference with my work. I believe school nurses do make a difference, for the students and their health needs, for parents who can have some level of reassurance that their students, especially the ones with health issues, have monitoring and caring for them, and for the educational system and community as well..”



Valerie Skaperdas , RN

