



Northwest Area
School District
Shickshinny, Pa.

August, 2024

Back-to-School Health Checklist

It's that time again—Welcome Back! The start to another school year--how exciting! Parents are encouraged to be active in their children's health and wellness. What can parents do to ensure their child remains healthy, in school and ready to learn? Here's a checklist for parents to consider as they prepare to send their children back to school (from the National Association of School Nurses).

- ✓ Make sure ***Emergency Cards*** are returned to your child's school as soon as possible! Complete all areas including required signatures. This vital information is necessary for the nurses to provide care to your child.
- ✓ Make sure immunizations are up to date and the school has this updated information on file.
- ✓ Make your child's health concern known to the building nurse—diabetes, asthma, food/ insect allergies, seizure disorders, etc.
- ✓ Inform the building nurse of any medical issues/ injuries that your child incurs outside of school that could impact his/her school day such as surgery, orthopedic injury, concussion, or an ER visit. Additional medical information may be requested to help plan and ensure your child's safety during the school day.
- ✓ Bring current signed healthcare provider orders to the nurse should your child require the administration of any prescription or non-prescription medication during school hours, including self-carry orders for inhalers or epi-pens.
- ✓ Make sure your child's medication and/or medical devices (epinephrine auto-injectors, asthma inhalers, etc.) will be readily available at the school in the event of an emergency.
- ✓ Review hygiene tips to prevent the spread of infections.
- ✓ Help make appropriate clothing choices (for example wear comfortable and safe shoes and follow school dress code).
- ✓ Keep an open line of communication with your child to ensure that he/she remains safe at school. If a concern arises (such as bullying), contact the appropriate school officials immediately.
- ✓ Confirm the school's disaster/emergency plan. Be sure your child knows your plan should there be an early dismissal.

Recent Head Injury? Concussion Management Teams to the Rescue!

Has your child recently experienced a head injury? Perhaps, an accident that might have occurred during the summer? Concussion Management Teams (CMTs) are available in each building to assist your child during his/her recovery process from a diagnosed concussion. Administrators, guidance counselors, and nurses have been trained through PA's BrainSTEPS. BrainSTEPS has been recognized by the Centers for Disease Control (CDC) as a national model for educational consultation supporting students and school teams in the development and implementation of educational supports and services following an acquired brain injury. <https://brainsteps.net/home/> Our CMT training utilizes the most up to date Return to Learn principles to promote your child's health and wellness while supporting your child's academic success. Please contact your child's building nurse if your child has experienced a recent head injury and/or if this injury occurs during the school year. Additional concussion information is available in the 2024-2025 student handbooks.

NASD DISTRICT PROTOCOLS

Please refer to the school website:
<https://www.nasdedu.com/> School Health information could be found under DEPARTMENTS---HEALTH SERVICES on this website.
Here's where you could review school medication policies, school health procedures, standing physician orders, treatment of illness and injury (outlining nursing care that would be provided to your child), and obtain health forms. Please notify the nurse if you have any questions or concerns. *Please notify your child's building nurse if you would like to have your child "opt out" of any of these health services. (Standing Physician Orders, etc.)*