

Top 10 Things You Need to Know -- From the Health Office 2016-17

1. Communication from the Health Office can come in many ways. Most times, when your student has stopped by the Health Office, we will let you know via pink slips, email, or a quick phone call. If you get a phone call from the Health Office, you can be assured that we will leave you a message.
2. When communicating with the Health Office, please contact us using our direct phone line at 763.316.6241 or email us at healthoffice@lcamn.org. You can find this contact information on our school webpage. Both Chris Schomburg, Health Para and Merry Joy Olson, RN, LSN, do work in the Health Office on different days, but emailing healthoffice@lcamn.org will go to both of them, no matter who is in the office that day.
3. When your student is late or must leave early, they must sign in/out at the Health Office, and the student must have parent/guardian permission first before coming in late or leaving early. This applies to all students grades Kindergarten through 12th, even when they have turned 18.
4. Seniors who have a first period or last period free, besides having permission from parents to come late or leave early, still must sign in/out in the Health Office for safety reasons.
5. We do keep track of tardiness, and both the elementary, middle school, and high school have different policies regarding the consequences for tardiness. Please refer to your Student Handbook for details.
6. Cough drops {as well as ibuprofen, Tylenol, and other Over The Counter (OTC) medication} must be left in the Health Office. Students who are in grades 9-12 may have one or two doses only of OTC medication in their locker/backpack. Younger students who need to use these OTC meds must do so in the Health Office, and parents will need to sign forms, available on the website, to give us permission.
7. Prescribed medication that is taken at school (including inhalers, ADD medication, antibiotics, and EpiPens) must all have signed health forms including a doctor's signatures on file in the Health Office. Contact us and find out if your student may carry his/her inhaler or EpiPen in their backpack.
8. Contagious diseases: Please inform the Health Office when your child has strep, pinkeye, lice, and anything else that may be spread to other students. We keep track of these and look for trends. Parents ask us "if there is any such-and-such" going around.
9. Should my student stay home? Any fever over 100, vomiting, or diarrhea must have ceased for 24 hours without fever-reducing medication before a child may return to school.
10. Medical Conditions: please inform us of any medical condition that your student has so that we may take better care of them. This includes ADD, ADHD, OCD, ODD, PTSD, anxiety, depression, and other conditions. Also, please inform us of any medication that they regularly take at home.