



School Nurse Newsletter

Cecelia Jaschek, RN * Alina Klakoff Black, RN * Carly Abney, RN

Hello From Your Eureka School Nurses!

Our school nurse team is available throughout the school year to support and promote student health. Please reach out to your child's school nurse with any health concerns or questions. Alina Klakoff Black, RN - Maidu, Olympus
Carly Abney, RN - Cavitt, Excelsior, Greenhills
Cecelia Jaschek, RN - Oakhills, Ridgeview

Cold and Flu Season

Cold and flu season has arrived. We always strive to create a healthy learning environment for our students, and therefore, it is important not to send your child to school if they are sick. Please keep your child home if they are experiencing:

- Fever of 100.0 degrees or higher (students should be fever free for 24 hours without the use of fever reducing medication before returning)
- Vomiting within the past 24 hours
- Diarrhea within the past 24 hours
- A contagious disease (e.g. strep throat, pink eye) unless advised to return by a authorized medical provider
- Obvious illness or injury

Help your children be healthy and successful in school by making sure:

- They are at school on time every morning
- They get 8-10 hours of sleep every night
- They eat breakfast every single morning
- They wear their glasses/contacts every day
- Emergency numbers are up-to-date in the school office



Medication on Campus

If your child requires medication at school (daily medication or emergency administration), please complete the district Medication

Administration form.

[TK-3rd Medication Form](#)

[4-8th Medication Form](#)

Hearing & Vision

California mandates hearing and vision screenings for all K, 2nd, 5th, and 8th grade students. If a student does not pass a screening, a referral letter will be sent home. However, if you are concerned about your student's vision or hearing, regardless of their grade, please reach out to your school nurse to request a screening at any time during the school year.



Cough Drops & Throat Lozenges

We are in the midst of cold and flu season. Students may not carry cough drops or throat lozenges with them on campus, due to choking and allergy concerns ([Eureka USD Administrative Regulation 5141.12](#)). We **encourage families to provide soothing mints or hard candies** for their child to keep in the health office to help with their sore throat/cough. **If your child requires cough drops or throat lozenges** at school, please complete the following: have your child's authorized medical provider complete one of our district's [medication administration forms](#) and bring the drops/lozenges to the office in the **unopened, original packaging**. The drops/lozenges will then be stored in the health office for your child's use. Students will need to go to the health office to request a drop/lozenge when needed.



Food Allergy Awareness

We know that many families like to celebrate birthdays and other occasions with special treats. We **encourage families to celebrate with non-food items**. **If food is sent in to share with students, pre-packaged items with an ingredient label is preferred. If food is homemade, we asked that the ingredients list is provided to the teacher.** Please notify your child's teacher at least **one week in advance** regarding any food items being brought in to share for special occasions. After approval from staff, please give the items directly to your child's teacher for distribution.

Thank you for helping to keep our schools healthy for all students!

