

THE DELAWARE SCHOOL  
NURSE ASSOCIATION

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The Delaware School Nurse Association is dedicated to fostering and safe guarding the health and well being of children and families in Delaware. We strive to advance the delivery of professional school health services while promoting optimal learning in students. Our mission is to provide education and to increase awareness of issues important to children and families in Delaware.



Delaware School Nurse Association  
[www.dsna.org](http://www.dsna.org)  
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GREAT START TO A  
HEALTHY SCHOOL YEAR

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The logo features the acronym "DSNA" in a light blue, sans-serif font at the top. Below it, the words "School Nurse Association" are written in a large, bold, blue, serif font. The word "Delaware" is written in a very large, bold, blue, serif font, overlapping the "School Nurse Association" text.

**DSNA**  
**School Nurse**  
**Association**  
**Delaware**

*Delaware School Nurse Tip*

## A HEALTHY SCHOOL YEAR

It's time to shake the sand out of our beach bags and gear up for a new, hopefully wonderful, healthy school year!

What kinds of things do parents need to know about health and safety at school?

## HIGHLIGHTS FROM LOCAL SCHOOL NURSES:

Aside from being sure all shots are up to date, we need a current physical exam and health history on all students.

Remember to send a copy of each health physical to your school nurse to keep her medical records up to date.

Be familiar with new regulations surrounding lead screening, TB testing, tetanus boosters, proof of chicken pox, etc. before it is needed. Check with your doctor on what is missing for your child. Ask about the new meningitis vaccines and when they should be given.

If medication must be given at school, it must be in the original, accurately labeled, dated container with parent note and directions.

If your student has any medical condition, a current action plan should be reviewed at the beginning of school with your nurse. This includes asthma (even if it is “under control”), food allergies, diabetes, ADHD, or any chronic condition noted by your doctor.

Emergency medication, e.g. Epipen, benadryl, insulin, etc. must be supplied with written directions signed by your doctor.

If your child sustains an injury, remember to update your school nurse about casts, physical limitations, or other special needs.

Keep those emergency numbers up to date with clear instructions on order of calling. E-mail information is often very helpful, as are cell numbers.

Remember to discuss the importance of good nutrition, especially a healthy breakfast to start the day along with drinking lots of water.

Energizing foods give students the fair advantage required to tackle all that brain work required for school.

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## A FINAL NOTE

A good, running dialog with your school nurse is helpful for the entire team: student, nurse and parent. Often, e-mail is an easy way to ‘copy’ teachers, nurse, gym teachers, etc. at one time. Our primary concern is your child’s health and well-being since good health and successful learning go hand-in-hand!

Best wishes for a healthy, happy, successful school year!

## AUTHOR

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