

Immunizations--for everybody's protection!!!

- ❖ 3 doses Diphtheria, Pertussis, Tetanus (DPT)
(with 1 dose after age 4)
- ❖ 3 doses Polio
- ❖ 2 doses Measles, Mumps, Rubella (MMR)
- ❖ 3 doses Hepatitis B (HBV)
- ❖ 2 doses Varicella or history of Chicken Pox Disease
 - If your child has had the chicken pox disease, we need to



It's definitely cool to stay well!

know the year

* Your Doctor's office OR a Public Immunization Clinic (see immunizations.

below) can provide

★**Kearney**-Mid NE Community Action (2nd and 4th Mondays from 1-5pm)...call 1-308-865-1352 (ext. 152) to schedule an appointment/address.

★**Hastings**-South Heartland District Health Department (1st Thursday of the month from 12-6pm)... call 402-462-6211 or 1-877-238-7595 for an appointment/address.

★**Grand Island**-Central District Health Department (Tuesdays and Thursdays from 8:15am-4:00pm. Call 1-308-385-5175 (ext. 164) for appointment. Will accept walk-ins.

Paperwork...



☆**Physical exam** - completed by a Physician, Advanced Practice Registered Nurse, or Physician's Assistant.

☆**Vision exam** - completed by an Optometrist, Physician, Advanced Practice Registered Nurse, or Physician's Assistant.



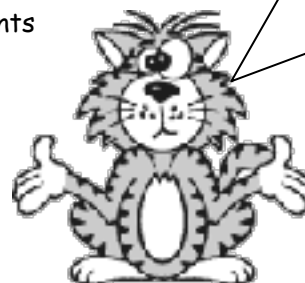
☆**Birth Certificate** with the original, raised seal. Hospital certificates with gold seals or footprints are not accepted. We collect this document as a part of the Federal 'Missing Child Act' to insure that the child who is enrolling is under legal guardianship of the adult who has physical custody. (This will be returned to you after we have made a copy)

☆ **Emergency Care Form**--Fill out completely and return to office

❖ Keep us up-to-date on:

- Changes of phone numbers for home, work, contact persons
- Daycare provider or after school arrangements
- Change of address

How can we contact you if we don't have your number?



Ill children...

If your child has been vomiting, has diarrhea, or a fever of 100 degrees or more--keep them home. School policy states that a child may not return to school until they are fever-free for 24 hours WITHOUT the use of fever-reducing medication and are free of symptoms of infection.



Hey, it's not cool to be sick!

Make your decision before school whether to keep your child home or send to school, rather than giving your child the option to come home later. Children will almost always want to come home later and then arrangements will have to be made to pick him/her up from school. Plus other students have been exposed to a possible infection.

Children must be well enough to attend school the entire day to participate in parties or after school activities.

Medication at school...

☆ Parents must furnish all medications including:

Tylenol or Ibuprofen, cough drops, etc.



✓Parent's note is needed for all medications

✓Doctor's note is needed for prescription medications

✓Medications must be sent in the original labeled container

✓Please make sure all over-the-counter medications are age appropriate

✓ Medications can only be handled by adults

Healthy Habits start at Home!

1 Children need 10-11 hours of sleep every night. Have a regular bedtime. Adopt a nightly routine that includes quiet activities (no TV). Beware of hidden caffeine in things like cocoa.



Eat a good breakfast. Offer your child a variety of foods each day. A mix of fresh fruits, veggies and low-fat dairy products. Limit sweets. Treats like candy and cake are just that - treats. Eat together. At mealtime, be a role model for proper eating habits. Don't label foods as "good" or "bad". Instead, talk about healthy portions and making smart food choices.

Yum...I can hardly wait to eat breakfast.



Brushing teeth should be a routine every morning and every night.

Always wear a seatbelt or sit quietly



on the bus



Practice washing hands as long as it takes to sing Happy Birthday or the ABC song 2 times.

sing Happy

Go out and play! Toss a ball. Take a walk. Kids should be active at least 60 minutes a day. Don't drive when you can walk. Limit TV time.



If you have any questions, please feel free to contact Jackie Cornelius R.N., Kenesaw School Nurse at 752-3215 (school) or 308-390-9172 (home).