



## Plano Independent School District District Health Services

Dear Parents,

In preparation for a healthy 2019-2020 school year, the Plano ISD health services team would like to provide the following helpful and important information. Our team's purpose is to support a safe and healthy school environment. School nurses need your assistance as we work together toward this common goal. You can help us by encouraging behaviors we teach at school and by following a few guidelines for keeping your children home when they are not feeling well.

Please review the information:

- Immunizations must be up to date according to the Department of State Health Services (DSHS) guidelines for school entry and attendance: [Health Services: Immunizations](#)
- Please be advised that students entering grades 7-12 will be required to show proof of one dose of quadrivalent meningococcal conjugate vaccine (MCV4 or MenACWY) on or after the student's 11th birthday.
- All medications and medical procedures at school must have completed paper work. Please see our website at: [Health Services: Medications](#) or contact your school nurse.
- All controlled substances **must** be brought in by the parent or guardian.
- Please keep your children home for:
  - Fever of 100° or more for the duration of the fever plus an additional 24 hours after cessation without fever-reducing medication
  - Vomiting or diarrhea for 24 hours after cessation
  - Generalized rash
  - Oozing wounds that cannot be kept dry and covered
  - Red, draining eye
  - Untreated live lice
  - See the complete list for exclusions: [Health Services: Communicable Disease](#)
- Please remind your children of cough and sneeze etiquette:
  - Cough or sneeze into a tissue or sleeve and not into hands
  - Always wash hands with soap and water for 20 seconds
- Please observe the proper hand washing technique: vigorous friction rub for 20 seconds with soap and rinse with water.
- State screening mandates are performed for vision, hearing (PreK- Students who turn 4 by Sept 1, Kg, 1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup>, 7<sup>th</sup> and all new students), Acanthosis Nigricans (1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup>, 7<sup>th</sup> and all new students) and Scoliosis (girls at ages 10 and 12 and boys at age 13 or 14)
- Growth and development class is taught for girls during 4<sup>th</sup> grade, and boys and girls during 5<sup>th</sup> grade. A note will be sent home from your school detailing the date and materials to be presented. See your school nurse for details.
- Benadryl and epinephrine are kept in the clinic, to be used by only the school nurse, for undiagnosed episodes of anaphylaxis. Having this medication available for unexpected, severe life-threatening anaphylaxis does not take the place of individual prescribed auto-injectors for diagnosed cases of severe allergy: [Health Services: Anaphylaxis](#)
- Current health information is crucial for proper care. Please notify your school nurse of all health related issues. This can be done via the Parent Portal: <https://parentviewer.pisd.edu> or by visiting your school nurse.

Please do not hesitate to contact your school nurse or district health services for assistance. I also encourage you to visit our website at [District Health Services](#) for additional information and resources.

We look forward to working together with you in the 2019-2020 school year. On behalf of our nurses, assistants and the entire team, we hope you have a safe and healthy year!

Kindest regards,

Staci Antelo BSN, RN, NCSN  
Plano ISD Director for District Health