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Healthy Students, Healthy Learners

Our motto in the Health Services Department at Lakewood School District is: "A child cannot be healthy unless he is educated, and he cannot be educated unless he is healthy" (author unknown).

Our goal in Health Services is to provide information and services to promote and preserve the health of all of our students.

At the beginning of each school year, you are asked to fill out a "Health Concerns" form. This form is our guide for the care of all students. We review each one, determine those students who need Health Care Plans while at school, and create plans to ensure each student's good health.

You may feel it is redundant to fill out this form on an annual basis—we understand! However, it is necessary to update each year. Kids change, they develop new conditions and grow out of others. As your child grows and matures you may have concerns one year, but not the next. It is important for us to be informed of all these changes in order to provide them with appropriate care.

Likewise, if your child has a health change mid-year, please let us know. The Health

Concerns form can be found on the Lakewood website or in any of the health offices in the district.

For students who do have Health Care Plans (any student with a documented health condition for which they receive or may receive medical care at school), we also require an annual update of paperwork. Again, we know this is a challenge for parents/guardians each year, yet in this case it is required that Care Provider Orders and information is updated annually.

Thank you for partnering with us. Together we help students live healthy lives and have academic success!



School is a healthy place to be!

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New Website!

If you are reading this newsletter, you are probably aware that Lakewood School District's website got a makeover!

Health Services now has their own page on the website: go to "Departments" and click "Health Services" and you'll be there.

On the Health Services page you can find information including the services we provide, immunization requirements, health forms and contact information for each health office in the district. We hope this page becomes a resource for you in navigating your child's health needs while at

school.

Not finding what you need there? Let us know and we'd be happy to add information that is helpful to you.

LWSD Health Services strives to partner with parents/guardians to have healthy students!

Life-threatening Conditions at School



Some think being a School Nurse means you spend all day taking care of “boo-boos” and putting on band-aids. While that is one of our roles, the life of a school health worker is often quite complex and very demanding.

Each day we are faced with many students in our District who have what is known as a “Life-threatening Condition”. This doesn't mean they have a terminal disease—it means a health condition they have

could at some time lead to death if not treated properly. The main conditions that fall in this category are:

- Diabetes
- Seizure disorder
- Asthma
- Some cardiac conditions
- Severe food and/or insect allergies

Students who have a medically documented condition are automatically given an

“Emergency Health Care Plan”. On these plans, the staff is given clear, concise instruction on what to look for and how to respond in the event of a change in the student’s condition. All staff who may be involved with these students are given training by the District Nurse on how to respond, and are given resources to better understand specific needs and/or accommodations the student may need. Together we provide all students with excellent care!

*“Children are the living messages we send to a time we will not see”
~John Whitehead*

MRSA? What’s that?

Methicillin-resistant Staphylococcus aureus (MRSA)

MRSA is a type of “staph” skin infection that has become resistant to some antibiotics such as penicillin. Bacteria may develop resistance to antibiotics when they are used but are not needed or not taken as directed.

Until recently, people most often got MRSA infections when they had open wounds, burns, and/or

tubes inserted in their bodies for medical treatment and were hospitalized or stayed in a nursing home. Now MRSA skin infections are becoming more common among adults and children who have not stayed in hospitals or nursing homes.

MRSA infections can be mild or very serious and are spread through skin to skin contact or less frequently by touching surfaces that have MRSA on them.

The best way to protect against MRSA infections is frequent hand washing with soap and water.

In the District we are continually encouraging hand washing and other infection control procedures. MRSA is not reason for panic—but it is important to be vigilant in prevention.

If you have any questions, feel free to contact Ann McCrea, RN—District Nurse at X. 7105.



In this and subsequent issues, we will highlight one of the Health Services team. We want you to get to know us—we are here for your students and for you!

Getting to know the Health Staff

This month’s staff member is Laura Bry., LPN, Lakewood Middle School Health Room.

Laura has lived in the Lakewood area for 27 years and has worked in the Middle School health room for 14 years.

Laura is married and has three grown children (all Lakewood graduates—“Lifers”). She has 2 dogs and a horse and enjoys gardening, needlework, puzzles and traveling.

Laura can be reached via extension 3043.