

## **Columbus Academy Health Services**

Please use this site as a reference for matters related to student health. You will find the contact information for our school nurses and health team, access to necessary forms, protocol for medications, and other guidelines regarding school health policies. Please be conscientious about supplying the school with needed information and release forms as in an unexpected emergency important health data and consent forms become critical.

### **School Health Services**

Columbus Academy is committed to providing high-quality health care to each student in the school environment. The school nurse provides direct care to all students with acute illnesses or injuries as well as long-term management of students with special health care needs. Our school nurse health services include:

*Illness and injury assessment*

*First aid*

*Medication administration*

*Special health care condition management*

*Vision and hearing screening*

*Cumulative student health records including immunizations*

### **School Nurse**

The school nurse is available for first aid and emergency care for a student whose illness or injury occurs on the school premises during school hours. Our office hours are weekdays from 7am-5pm and we are always available via email or cell phone if an issue arises after school hours. Parents should consult their family physician for accidents or illnesses that occur at home. The school nurse and faculty will attempt to assess these events as accurately as possible and notify parents when further evaluation is recommended. Student-athletes have the additional benefit of the care and oversight of Kim Stercula, our full-time athletic trainer. Students with injuries or other conditions that limit activity or participation in any school function must have a note from the doctor detailing the child's activity limitations.

### **Health Team Contact Information**

Beckie Hoagland, RN, BSN, LSN

Cell phone: 614-332-2764

Email: [nurse@columbusacademy.org](mailto:nurse@columbusacademy.org)

Janet Fireman, RN, BSN, LSN

Cell phone: 614-496-9591

Email: [nurse@columbusacademy.org](mailto:nurse@columbusacademy.org)

Nurse's office phone number: 614-509-2234

Fax: (614) 476-0396

Mailing address:

School Nurse

The Columbus Academy

4300 Cherry Bottom Rd.

Gahanna, OH 43230

### **Other Members of the School Health Team:**

Certified Athletic Trainer - Kim Stercula

Lower School Counselor - Shaun Ditty

Middle School Psychologist - Shekyra DeCree

Upper School Psychologist - Suzanne Ritter

### **Final Forms: Health and Physical Participation Forms**

Health and athletic forms are collected electronically through the secure health portal Final Forms. **These forms must be completed yearly before the start of school or athletic practices.** Parents will receive an email from Final Forms in June or July with instructions for accessing the required health forms. These forms include: Health History, Immunizations, Emergency Authorization, Travel Authorization, Transportation Information, and OHSAA PPE forms.

### **Immunization Records**

A printed copy of your child's immunization record is required by Ohio law each time a new immunization is received. All students in Ohio must have up-to-date immunizations documented by the 15th day of school. Immunization records can be faxed, mailed, or emailed the the school nurses.

Fax: 614-475-0396

Email: [nurse@columbusacademy.org](mailto:nurse@columbusacademy.org)

Mailing address: School Nurse  
Columbus Academy  
4300 Cherry Bottom Rd.  
Gahanna, OH 43230

[Click here to download form: Immunization Summary for School Attendance \(Fall 2019\)](#)

### **Students entering PreK and 3YO Explorers**

In addition to Final Forms, a one-page paper health form with immunizations and documentation of a physical exam must be completed and signed by the healthcare provider every 12 months. At the time of expiration, you will receive notification from the school nurses that documentation of an updated physical exam is needed.

[Click here to download form: Health History for PreK and 3YO Explorers Program](#)

### **Medications at School**

The School Nurse is directly responsible for the administration of any and all medications dispensed on our campus. Please carefully read the information provided below in order to ensure safety. Note that all medications (except those approved by the school nurse for self-administration by students such as epi-pens and inhalers) shall be delivered to the school nurse for administration. Authorization from the child's parent must be provided before any dose of prescription or over-the-counter medication may be administered

### **Over-the-Counter Medications**

The school nurse's stock many over-the-counter medications. To see a complete list please see the medications section of Final Forms. Any additional over-the-counter medications may be sent in to the school nurses in the original container with written instructions and will be dispensed by the school nurse. Parents may also come to campus to administer medications to their child if needed.

### **Prescription Medications**

Prescription medications may be administered on a daily or temporary basis at school. All prescription medications, including inhalers and Epi-pens, must be accompanied by a signed authorization from the health care provider. All medications must be in the original container with a clearly marked pharmacy label. The Prescription Medication Form may be downloaded and must be signed by the prescribing

physician for each medication yearly, or with any medication change during the school year. These forms must be returned to the School Nurse before the initial dose is administered. Parents may also come to school to administer medications to their child if needed.

[Click here to download forms: Epi-pen and inhaler student possession and use authorization](#)

[Click here to download form: Self-administration of prescribed medication](#)

### **Communicable Diseases**

Parents are urged to report to the school nurse as soon as possible when their child has a communicable disease. These include but are not limited to: Chickenpox, Impetigo, Pinkeye, Tetanus, Diphtheria, Influenza, Head Lice, Salmonella, Tuberculosis, Fifth Disease, Measles, Pneumonia, Scarlet Fever/Scarletina, Coxsackie Virus, German Measles, Meningitis, MRSA, Pertussis, Smallpox, Haemophilus Influenza, Mononucleosis, Ringworm, Strep Throat, Hepatitis, Mumps, Scabies and Shingles.

Whenever there is doubt in your mind about sending your child to school, please contact the school nurse. Students with the above illnesses or symptoms listed below should be kept home or will be sent home from school:

Fever over 100F -- a fever is usually accompanied by other symptoms such as a sore throat, vomiting or a headache. Children with fever should stay home until there is no fever for 24 hours without fever reducing medicine.

Vomiting -- twice or more in the previous 24 hours. Occasionally, a single episode of vomiting without any other symptoms may not be reason enough for dismissal from school.

Diarrhea -- that is persistent or not controlled, or stools with blood and/or mucus. Diarrhea can be extremely contagious and may be caused by parasites or bacteria. A child with diarrhea should be diarrhea-free for 24 hours and has returned to a normal diet before resuming school activities.

Frequent cough -- especially if it is frequent during the day, can indicate a worsening of cold or allergy symptoms. It may also be the sign of a secondary infection (sinusitis, pneumonia), which may require medical treatment.

Persistent pain -- ear, stomach, etc.

Widespread rash -- until deemed non-contagious by the doctor

Pink eye -- symptoms include a reddened eye with either a cloudy or yellow discharge, often with matted eyelashes after sleep. Your child should stay home until symptoms subside and has been on antibiotic eye drops at least 24 hours or until the doctor recommends the child return to school.

Strep Throat -- symptoms include a sore throat, without the presence of runny nose and cough. Your child should stay home until he/she has been on antibiotics for at least 12 hours, in some cases 24 hours which is indicated by your physician.

### **Guidelines for the Return to School**

Chicken Pox: excluded for 5 days after the onset of the rash and all of the lesions have dried and crusted.

Hepatitis A: excluded for 1 week after onset of illness and jaundice (if any) has disappeared or until immune serum globulin has been administered to appropriate children and staff in the program within 2 weeks of exposure, as directed by the health department.

Impetigo: may return after 24 hours of appropriate treatment completed.

Measles: exclude until 4 days after the rash appears.

Mumps: exclude until 9 days after onset of gland swelling.

Pertussis: exclude until 5 days of appropriate antibiotic therapy has been completed.

Pinkeye (bacterial conjunctivitis): may return after 24 hours of appropriate treatment completed.

Pinworm: exclude for 24 hours after treatment has begun.

Ringworm: may return after 24 hours of appropriate therapy completed.

Rubella: exclude for 7 days after the rash appears.

Scabies: a contagious disorder of the skin caused by a small insects or mites. Child may return to school after treatment has been completed.

Strep Throat: may return after 12 hours of appropriate treatment completed.

Tuberculosis: until the child's physician or local health department authority states the child is noninfectious.

### **Vision and Hearing**

Screening for vision and hearing will be done for Pre-K, K, 1, 3, 5, 7, 9, 11 and all new students as mandated by the state. If any problems are identified, parents will be notified. Students who wear corrective lenses should have them at school.

### **Food Allergy Policy**

Columbus Academy has many students who have severe food allergies. For some children, even trace amounts of an allergen can cause a life-threatening anaphylactic reaction. In an attempt to make our school environment safe for all students, we have implemented a nut-free policy (including peanuts, walnuts, cashews, almonds and all other tree nuts) in all divisions. You can help us to maintain a nut-free school by keeping all nut products away from our campus at all times. PLEASE READ ALL LABELS. "Accidents" happen when foods labeled "may contain" or "traces of" are brought to school. Although the school has not restricted other foods that may be allergens, specific classrooms may have additional restrictions for food brought from home when a student has a known allergy. We realize that students and parents bring food on campus for a variety of reasons, so we ask that you be mindful of others and adhere to our school wide policy while on campus. Our professional dining service, Sage, takes special care to label all foods with known allergens. In addition, the Sage app can be downloaded to view the lunch menu and ingredients for each item.

### **Head Lice**

Head lice are common in young children 3 to 12 years of age. It is neither a health hazard nor a sign of lack of cleanliness. Head lice are not responsible for any diseases. The most common symptom of head lice is itching and rarely may lead to a secondary bacterial skin infection from scratching. Transmission in most cases occurs by direct contact with the head of an infested individual. Indirect spread can occur through contact with personal belongings of an infested person, such as hairbrushes, hats or bed linens.

If a child is demonstrating symptoms of infestation or the parent reports an exposure to head lice, the school nurse may check the student's head. If it is determined the child has been infested we will contact the parent or guardian and make appropriate plans to have the child treated at home or by one of the lice treatment facilities in central Ohio. We will then send information to the entire class via email from Nationwide Children's Hospital that outlines treatment and prevention.

[Please click here for more information on head lice.](#)