

Norman-Mahnomen Public Health

Norman County
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Dear Parents/Guardians,

Hard to believe but back to school is no longer in the very distant future, but rather just a few weeks away. That means we need to talk about preparing for school. Please check with your doctor to make sure immunizations are up to date before school starts. The schedule is sometimes difficult to understand so I will break it down:

K-12th grade requires Hepatitis B, DTap/Tdap (tetanus and pertussis), Polio, MMR, Varicella (chicken pox)

7-12th grade: Meningococcal (to protect against meningitis)

Children will be excluded from school until the immunizations are up to date, there is documentation that immunizations are on a catch-up schedule, or there is a conscientious objection form filled out.

Medications in school: if your child will need to be given medication on a regular basis, there HAS to be a form filled out by the doctor that states dose, time, route, and medication in a labeled container with student's name, medication, dose, and expiration date. This is for your child's safety as well as protection for the school that the medication given is the correct medication.

If your child suffers from headaches, sinus issues, etc. and they use Tylenol or Ibuprofen, we need a signed consent from the parent and doctor stating the right dose for each medication that is safe to give. The school will contact you if your child is given anything during the school day. We want children to be at their best for learning but we also need to ensure that interventions are safe and effective for each child.

Starting to adjust to the back to school routine now will help with starting school. Children 5-12 years need 10-12 hours of sleep a night. Teens and young adults need 8-9 hours. Gradually getting back into a routine now will make the first week of school go much better for the entire family. Start having them go to bed a little earlier and getting up a little earlier each week until you are closer to the "routine" times needed for school.

Healthy eating habits also make learning more effective. Encourage children to have a healthy breakfast early in the day so they are prepared to eat early in the morning when school begins.

We look forward to seeing your student(s) this fall and we hope you all are having a wonderful summer!

Any questions or concerns, please call Tracy Johnson at 218-784-5433 or email me at tracy.johnson@co.norman.mn.us.

Sincerely,

Tracy Johnson RN, Licensed School Nurse