



Health Information For Students and Their Families

Welcome back to the 2026–2027 school year! As we begin another year together, please remember to send in any updated health forms, medication permission forms, emergency contact information, and changes to your child's medical history. If your child has a new diagnosis, medication, allergy, recent hospitalization, or other health concern, please let your campus nurse know. Keeping this information current helps us provide safe, individualized care and support your child's health throughout the school day. We look forward to partnering with you for a healthy and successful school year!

Building Health Independence: Small Skills That Make a Big Difference

As children and teens grow, learning to participate in their own health care is an important life skill. Every student develops at a different pace, but families can encourage independence in simple, age- and ability-appropriate ways.

Help your child learn to:

- Recognize when they do not feel well.
- Communicate pain, discomfort, dizziness, nausea, or other symptoms in whatever way works best for them.
- Know the names of important medications, allergies, or medical conditions when developmentally appropriate.
- Understand that medications should only be taken with permission from a trusted adult.
- Participate in simple routines such as washing hands, drinking water, using tissues, brushing teeth, or helping pack health supplies.
- Identify trusted adults they can go to when they need help.

For students who use visual schedules, communication devices, picture symbols, or other supports, health routines can be practiced using those same tools.

The goal isn't complete independence overnight. Small opportunities to participate in health decisions can build confidence, self-awareness, and important skills for adulthood.

What Should Your Child Know About Their Own Health?

Depending on age and ability, consider practicing:

- My full name
- My parent/caregiver's name
- Who I go to when I feel sick
- My allergies
- My medications
- How I show or describe pain
- My emergency contact

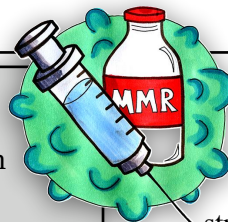
You could even make this visually into a little "Health ID" card.

Measles: Know the Signs

Measles is a highly contagious viral illness that can cause serious complications. Early symptoms typically include:

- High fever
- Cough
- Runny nose
- Red, watery eyes
- A rash that usually begins on the face and spreads downward

Symptoms usually begin 7–14 days after exposure, with the rash appearing several days after the first symptoms.



Protection Matters

The MMR vaccine is the best protection against measles, and two doses provide strong, usually long-lasting protection. Families should make sure children are up to date on their routine vaccinations, especially before international travel.

If a measles case occurs at school or your child is otherwise identified as having been exposed to measles, students without documented evidence of immunity may be required to remain home for up to 21 days after the last exposure, as directed by the local health department.



When Is a Student Too Sick for School?

Fall brings plenty of sniffles, stomach bugs, and respiratory illnesses. Not every symptom requires staying home—but some do.

Keep your child home when they:

- Have a fever.
- Are vomiting or have significant diarrhea.
- Have symptoms severe enough that they cannot comfortably participate in the school day.
- Have a known contagious illness requiring exclusion.
- Need more care or monitoring than can reasonably be provided at school.

A mild runny nose or occasional cough does not necessarily mean a student must stay home if they otherwise feel well enough to participate.

One of the best questions to ask is:

“Can my child comfortably take part in their usual school activities today?”

When you are unsure, contact your child’s healthcare provider or school nurse for guidance.



As we head into cold and respiratory illness season, remind students to:

- Wash hands regularly
- Cover coughs and sneezes
- Avoid sharing drinks and utensils
- Drink plenty of water
- Tell an adult when they don't feel well

Please Tell the Nurse About Health Changes

Contact the school nurse if your child has:

- A new diagnosis
- A new medication
- A medication dose change
- A new allergy
- Recent hospitalization or surgery
- New seizures or changes in seizure activity
- A new medical device or treatment plan

Understanding Pain When a Child Has Trouble Telling Us

Not every student can say, “My stomach hurts” or “I have a headache.”

Families and school staff may notice:

- Unusual quietness or withdrawal
- Crying or irritability
- Refusal to eat
- Changes in sleep
- Guarding part of the body
- Increased repetitive behaviors
- Aggression or self-injury that is unusual for the student
- Changes in walking, posture, or movement
- Less interest in favorite activities
- Increased need for reassurance
- Changes in toileting

For students with limited verbal communication, knowing their usual baseline is especially important. Changes in behavior may be the first indication of pain, illness, or injury. School nurses rely on collaboration with classroom staff and families, who are often more familiar with a student’s typical behavior.

Families Know Their Child Best

Tell the nurse about behaviors that typically mean:

“I am in pain.”

“I am getting sick.”

“I am overwhelmed.”

“Something is different.”

That information can be extremely helpful when assessing a student at school.

Healthy students aren't just students who avoid illness.

They're students who are learning to recognize their needs, communicate them, and ask for help.