



# SCHOOL NURSE

## WELCOME LETTER 2024-25

July 30, 2024

Dear Mercy Families,

Welcome back for our 2024-2025 school year! I am looking forward to the new year ensuring that this year is both healthy and safe for every member of the Our Lady of Mercy student body.

Our Health Center serves the needs of sick and injured students, faculty and staff. If, at any time, you feel a need to discuss the health of your child, please do not hesitate to contact me. We can schedule a meeting and also coordinate a time with your child's teacher(s) if you would prefer to include them in our discussion. The OLOM School Health Center is located near the Upper School Office.

As the school year begins, I would like to remind you of some important school/Diocesan policies to make note of:

### Medications

**Please Note:** State law mandates that all medications be brought to school by the student's legal guardian. In accordance with this law, we are unable to accept any medications brought to school by a student. Please feel free to contact me during the week of August 2nd-7th to arrange a time to meet and transfer your child's medication(s).

**As stated in our OLOM school handbook, no student should have prescription or non-prescription medication in their possession while on campus.**

If your child requires administration of daily or as-needed medications during school hours, please complete and return the **required two forms** shown below.

1. **OLOM School Medication Form** completed by parent and signed by your pediatrician. This includes all physician prescribed medications and any over-the-counter meds such as Tylenol, Ibuprofen, and topical creams. *(For your convenience, this form can be faxed directly to the school at 225-923-2201).*
2. **State of Louisiana Medication Order** completed by both parent and physician. *(For your convenience, this form can be faxed directly to the school at 225-923-2201).*

Medication forms can be found on our website under ""Parents > Nurse". Please note the following:

- A separate form set is required for each medication.
- Consent applies for the duration of the current school year only.
- Medications must be provided in the original container.



OUR LADY  
of MERCY

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#### Immunizations

Immunizations are important to ensure that our students interact in a safe and healthy environment. If your child has received updated immunizations during the summer, please provide a copy of his/her State of Louisiana Certificate of Immunization Record (Louisiana state seal included) and signed by your pediatrician.

#### Illness and Fever

Occasionally, it may be necessary for a student to remain home from school due to illness. Following a bout of nausea, vomiting, diarrhea or fever, your student should stay at home and be observed for further symptoms. Fever is defined as a temperature of 100.4 or above, and measured **without** the use of fever-reducing medication. It is also advisable for your student to forgo attendance if there are symptoms of sore throat with a fever, chills, a persistent and productive cough, ear pain, discharge or redness of eye(s), or unusual skin eruptions.

Please remember that prior to returning to school, your student's temperature should remain within a normal range (97.0-99.0) for 24 hours - without the use of fever reducing medication.

I would also like you to be aware that there are many volunteer opportunities in the Health Center for parents and grandparents. Please feel free to sign up as a volunteer through our Home and School Association. Your help is always welcomed and appreciated in the following capacity:

- Registered Nurse substitutes
- Hearing and Vision Screening volunteers

In closing, I would like to encourage you to make sure that your student gets plenty of nightly rest and begins each new day with breakfast. The American Academy of Pediatrics recommends that school age children sleep 9 to 12 hours per 24 hours on a regular basis to promote optimal health. Many mid-morning headaches and stomachaches are due to rushing out of the door without eating breakfast. Starting every day with a nutritious meal will help your child feel more alert, focused, and ready to learn.

Wishing you all many prayers for a healthy and safe school year.

**Cindy A. Vinning R.N.**

School Nurse

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