

Welcome to Rilke Schule

The Anchorage School District provides a wide range of health promotion services under the direction of the school nurse. As a charter school we provide the same services and adhere to the same health policies.

Medication Administration at School

All medications must be approved through the school health office and are subject to the nurses' discretion for administration. **Please do not send medication (including cold remedies, lozenges, vitamins, or supplements etc.) to school for your children to take on their own.** *Medications need to be brought to the office by an adult, in the original container.* Herbal and homeopathic remedies may not be given at school. Parents are required to complete medication request forms prior to administering medications at school. You can access the forms online at:

[ASD home page](#) - [Departments](#) - [Healthcare Services](#). – [Medications at School](#) - or under

Registration Requirements>Immunization>Medications at School>Health Care Plans/Meal Accommodations>Special Needs or Treatments

*****If your child has severe allergies, asthma, diabetes, seizure disorder or other medical condition requiring medication and/or treatments at school please contact the nurse directly.***

Student Illness or Injury

Although we stress the importance of good attendance, ***a student who appears ill should remain at home.*** Please do not send a sick student to school to be examined by the school nurse. This exposes students and staff to unnecessary illness. Children with a fever of 101F will be sent home from school. **Please notify front office with any changes to phone numbers, so we will be able to contact you quickly in case of illness or emergency.** Accidental injuries at school will be given first aid by school nurse. In emergencies or in serious accidental injury the parents/guardians will be notified and advised if further medical care is needed.

Recess excuse

Winter Weather/Outdoor Recess At the discretion of the principal or the principal's designee, children will be expected to go outside for recess to a chill factor of –10 degrees. Children will be expected to have appropriate winter clothing to include warm headgear, insulated footwear and gloves or mittens. *A physician's note is necessary to exclude a student from participation in outdoor activities.*

Physical Education Excuse

If a physical education excuse for 1-3 days is necessary, the school nurse must be advised and may authorize the excuse. If more than 3 days out of physical education are required, a written request from a physician is necessary, specifying the length of activity restriction needed and the reason for it.

Health screening

Alaska State statutes also require basic health screening in grades K, 1st, 3rd, 5th, and 7th. For kindergarten students the screening includes vision, hearing, height, and weight. You will receive a written health screening report with the results, and if there is need for further evaluation, you will be notified by phone along with a written physician referral.

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Healthy, happy children learn better!