

# + Notes from the Nurse

Rangeley Lakes Regional School  
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## Welcome to Rangeley Lakes Regional School

I just wanted to take the time to make you aware of what is offered in the School Nurse office and assessments that are done throughout the year:

- **Flu Clinic:** with the assistance from the state of Maine, we offer a flu clinic at the discretion of the nurse and superintendent to the students and staff of RLRS. This usually occurs in the month of November or December
- **Immunization Records:** students are required to have proof of vaccinations upon enrolling at RLRS, if there are any vaccines that you as the parent do not wish for your child to have, there is an exempt form that would need to be signed.
- **Hearing and Vision Screening:**
  - **Vision screening** is performed by the school nurse for students in Kindergarten, 1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup> and 7<sup>th</sup> grade each year. A teacher or parent can also refer a student outside of these grades if they are concerned that there is an issue. If the student does not do well a referral letter is sent home to the parents for a follow up with an eye doctor.
  - **Hearing screening** is performed by the school nurse for students in Kindergarten, 1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup>, 7<sup>th</sup> and 9<sup>th</sup> grade each year. A teacher or parent can also refer a student outside of these grades if they are concerned that there is an issue. If the student does not do well a referral letter is sent home to the parent for a follow up with their doctor.
- **Medication:** There are a few medications that are in stock in the nurse's office that can be provided to the students as long as the parents have signed the medication administration form. These medications include Tylenol, Ibuprofen, Tums, cough drops and some first aid treatments such as bacitracin and aloe vera.
  - Any student that needs to have any other medication from home would have to have a form signed from the parents in order to be given through the nurse's office.
- **Treatments:** The school nurse provides treatment to student with a variety of problems that happen here at school. Basic first aid, medication administration, cold and flu/stomach upset, nebulizer treatments/asthma attacks, injuries, etc. However, if there is an injury or medical problem that is too serious or requires the attention of a physician or EMT, they will be referred to do so. In the event of an emergency the ambulance would be called right away. Please keep contact numbers up to date in the event that we need to get in touch with you.
- Any questions or concerns, feel free to call.

Thank you and be healthy,  
Lindsey Savage, RN