

Fayetteville Christian School

Health Handbook

2025-2026



The FCS Health Office provides services to assist in ensuring student success at Fayetteville Christian School. Our scope of service is guided by standards provided by the Arkansas Departments of Health and Education, the Arkansas State Board of Nursing, and the National Association of School Nurses. The Health Office staff, consisting of FCS personnel, as well as parents and community volunteers, assist in meeting the goals of the Health Office. When health emergencies occur, basic first response care is provided until local emergency medical personnel and/or parents assume responsibility.

The Health Office is located next to the elementary office. When the school nurse is unavailable, the minor needs will be addressed by their teacher or office staff. The school medical provider will be consulted if further assessment is needed.

Health Information

Parents (guardians) provide consent for care and pertinent health information during the enrollment process. Parents are asked to directly contact the Health Office for significant health changes after enrollment. The privacy of a student's school health information is protected by current national and state interpretations of the Family Educational Rights and Privacy Act (FERPA), the Health Insurance Portability and Accountability Act (HIPPA), and FCS policy. As such, health information use is limited to include reference for basic care, for determination of a special need necessitating an Individual Health Care Plan (ICP), or Health Clinic Consent Form, and for creating a student medical alert in FACTS, our student information system.

This alert posts a dialog box to all staff users of the system to provide information on only those conditions that may necessitate immediate or emergency attention and/or special accommodation, such as but not limited to: severe food and environmental allergies, asthma, diabetes, and seizure disorders.

Immunizations

Arkansas state law and associated rules and regulations state that “no infant or child shall be admitted to a public or private childcare or school facility that has not been age-appropriately immunized . . . **It is the parent’s responsibility to consult with their local private provider and/or the public health department to coordinate appropriate immunization, keep school records updated, and immediately respond to any discrepancy notice. Failure to do so will result in the student being excluded from school until proof of compliance is presented.**”

Arkansas state law does allow for parents to request an annual exemption from state immunization requirements by contacting:

Director of Communicable Disease Immunization Division

Arkansas Department of Health 4815 West Markham Street, Slot 48 Little Rock, AR 72205

Phone: 1-800-235-0002

The parent must notify the Health Office Staff when an exemption request is in process and provide a copy of the request and approval when processing is completed.

Screenings

Students will have the opportunity for health screenings as guided by the Arkansas Department of Health and Education. Vision and hearing screenings are no longer mandatory but will be offered twice yearly to all students and staff. Notices will be sent to parents and staff to offer the opportunity to sign up.

Adolescent postural screenings (Scoliosis Screenings) are done for young ladies in the 6th and 8th grade and young men in the 8th grade. State law requires that schools provide written notification to parents prior to the initiation of annual Scoliosis screening. State law also allows parents to exempt their student from this screening by providing the Health Office with a written and signed exemption request.

If a student fails any of the above screenings, a written referral will be provided. This medical referral must be completed and returned to the Health Office.

Communicable Diseases

To protect the students and staff from the spread of communicable diseases, state regulations require that children with any of the following symptoms not be allowed to attend school:

Health Condition	Symptoms requiring student be sent home	Guidelines for returning to school
Fever	100° or greater	Must be fever free for 24 hours (24 hours from start of being fever free) without medication or a doctor's note stating the condition is not contagious.
Diarrhea	3 or more watery stools in a 24-hour period	Must be diarrhea free for 24 hours (24 hours from last diarrhea stool) or a doctor's note stating the condition is not contagious.
Vomiting	1 or more occasions within the past 24-hour period	Must be free from vomiting for 24 hours (24 hours from last vomit) or a doctor's note stating the condition is not contagious.
Rash	Body rashes, not obviously associated with heat or allergic reactions.	Rash must be completely gone before returning or a doctor's note stating the condition is not contagious.
Sore Throat	If associated with fever and/or swollen glands in the neck	Must be free from symptoms for 24 hours or a doctor's note stating the condition is not contagious.
Severe Coughing	Episodes of coughing which may lead to repeated gagging, vomiting or difficulty breathing	Condition must be minimized significantly AND a doctor's note stating that the condition is not contagious OR completely free of symptoms.
Pink Eye	Pink or red eye(s) which may be swollen with white or yellow discharge	Must be on antibiotics for 24 hours or a doctor's note stating the condition is not contagious.
Head Lice	Tiny insects that live on human scalp and nits (eggs) on the hair shaft	May return after treatment and removal of ALL bugs and nits.

Mouth Sores	Multiple sores in mouth with drooling	May return with a doctor's note stating that the condition is not contagious.
Ring Worm	A fungal infection of the scalp and/or skin	May return after treatment by a health care provider has been initiated.
Impetigo	Skin infection mostly seen on face as bumps or large patchy areas	May return 24 hours after treatment by a health care provider has been initiated.
Flu	Depending on current flu strands symptoms...low grade fever above 99° accompanied with headache, chills, body aches, nausea, and/or glassy/watery eyes etc..	Must be symptom free for 24 hours. An Extra day of rest is strongly encouraged.
COVID	One or more of the following: Fever (of 100.4° or higher), chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, etc. <i>This list does not include all possible symptoms.</i>	Determined in consultation with school Health Clinic provider.

If a student displays any of the previously described symptoms while at school, we are required to contact parents to pick the student up. If a child is without any of these symptoms, but still appears ill and unable to participate in class, parents will be notified.

Please have contingency plans worked out in advance for such occasions and make sure that your student's file indicates other friends or family who could pick up your child if needed.

Medications

The FCS Health Office staff are committed to keeping your children healthy and happy. With this goal in mind, we will always try to treat complaints naturally first, as opposed to immediately medicating a child. For example, the main complaints heard by school nurses nationwide are that of stomachache and headache. Frequently, these complaints are caused by the student not drinking enough water, being hungry, or just needing a little extra attention. We will fully assess each child, but if there are no concerning symptoms, we will try ice packs, water, crackers, or water with natural electrolyte powder prior to administering medication.

On rare occasions, the Health Office staff may administer over-the-counter medicines to students with the written permission of parents. State regulations require that medicines be given only with signed parental permission. Each student's registration contains a list of medications that parents may grant Fayetteville Christian School permission to administer. Staff will fill out a medical report indicating the medicine name, dosage, and time of administration. An electronic copy of this report will be sent to the parent via email.

If a student frequents FCS Health Office for the same complaint, the parent will be asked to bring a note from the student's health care provider stating that they have been examined

regarding the continued complaint/discomfort and detailing how their provider would like them to be treated.

If a parent has completed a consent form for the health clinic on the school campus, further medication may be given or prescribed, after discussing the plan of care with the student's parent/guardian. This clinic is OPTIONAL and is free of charge to students and staff.

Medications from Home

Many medications, including antibiotics and most allergy and behavioral medications, are **best given at home**. For instance, antibiotics that are prescribed for three times per day are most beneficial and tolerated by taking at or near regular intervals while awake at home, such as at breakfast, after school, and before bed. In the rare instance when home administration of prescribed medication is not possible, or the need for a stand-by rescue medication or protocol exists, medication administration can be requested as follows:

1. The parent must turn in and register the medication with the Health Office or Office Manager. **Classroom Teachers are not authorized to receive or administer medications brought from home.**
2. The parent must provide a written request for the administration of a prescribed medication. This request should include the medication name, dosage, administration time, parent's printed name, signature, and best contact number. Pre-printed request forms are available in the Health Office.
3. This request must accompany the medication in its original container with the original label that includes the provider's name and date, patient name, drug name and dosage and clear administration directions. Upon request, many pharmacies will split a prescription to assist with this requirement.
4. Medications containing narcotics **cannot** be administered in the school setting. These medications are highly regulated, and the Health Office staff is not set up to comply with these regulations. The Health Office staff are also prohibited from administering non-FDA approved medications, including herbal preparations.

Arkansas law and current practice allow for the responsible student to carry their own rescue medications (e.g., Act 1694, "Alex's Law"). This includes prescribed Auto-Injectable Epinephrine, Asthma Inhalers, and diabetic medications. Per law, the need for this must be documented by a private provider and reviewed by the parent, school nurse, student, and if indicated, select faculty, coaching staff, and/or peers. Parents may provide the Health Office with back-up rescue medications for their students.

Notification of Injuries

To notify parents of minor injuries at school, a medical report is created regarding when and where the injury occurred as well as how it was treated. An electronic copy will be emailed to the parents.

For any type of head injury, injury to the face, or any injury that the staff suspects may be more serious, the parent will be called on the phone or otherwise notified immediately.

Lice

Your child having head lice is **not a health issue**. It is frustrating, maybe even embarrassing, but **does not cause infection or injury**. Having head lice has nothing to do with being dirty or clean. They surprisingly prefer clean hair.

The school is not the only place your child is potentially exposed to lice. Anytime people gather (church, play dates, family gatherings, restaurants, shopping for clothing, going to the theater etc.), you and your child are potentially exposed.

Head lice cannot jump, hop, fly, or swim. They must crawl from one area to another, and it usually takes them at least 20 minutes to do so. The greatest culprits in spreading head lice are *sharing* hats, jackets, combs, or hair accessories or piling/hanging clothing articles together. Rarely do lice spread directly from one head to another during class or play time. They just cannot crawl that quickly.

The detection, prevention and treatment of head lice are the **responsibility of the parents**. Parents should be checking their children at least **weekly**. It takes only a few minutes per child, and early detection can help to stop the spread to other family members. It can also prevent the lice from being discovered at school, causing your child unnecessary embarrassment.

If your child is found to have lice, you will be notified by phone and will be required to pick them up as soon as possible. You will need to treat them that evening. He or she will need to be rechecked by the school nurse (privately) before returning to class. The parent should direct their student to the Health Office staff at 8:00 am to be checked **BEFORE** going to class. If the student is still found to have lice or viable nits, they will not be admitted to class, and will be sent home for further treatment.

No letters will be sent home alerting parents to a case of head lice. If we all work together, we can minimize our children's exposure. Thank you for your partnership in this issue.

This is a picture of an adult louse, magnified. The adult is usually the size of an ant and will be grey or black in color.

