

Grand Prairie Elementary School

Julie Armor RN

815-469-3366

jarmor@fsd157c.org

Hello! I am the full time nurse at Grand Prairie. It brings me joy to be able to take care of your little ones while they are at school. My number one priority is keeping your students healthy and safe.

My office hours are 8:00am-3:30pm. I am available by phone or email. Please let me know if your child has any health concerns or has had a change in health status throughout the year. That way we can make accommodations and form a plan of care for your student while they are at school.



We want to keep all of our students healthy and happy throughout the year. Students need to be healthy in order to learn. Please keep your child home from school if they:

- Have a fever of 100.0 degrees or higher within the last 24 hours without fever reducing medications.
- Have vomited or had diarrhea in the last 24 hours
- Have an undiagnosed rash
- Persistent uncontrolled cough
- Have a communicable disease

MEDICATION

All medication at school (including over-the-counter) requires a parent and physician's signature on our district's School Medication Authorization Form. If your child needs medication at school for a food allergy, we also require that the Food Allergy & Anaphylaxis Emergency Care Plan (FARE) form be completed by and parent and physician as well. These forms and others can be found on the district website www.fsd157c.org. Click on **Registration Information** on the right hand side, scroll down and then you will see links for the forms under **Medication Forms**.

HANDWASHING

Please encourage your children to practice frequent hand washing. Before eating, after using the washroom, after coughing in hands, after being outside, and any time hands are soiled. Encourage children to wash their hands thoroughly with soap and water for 20 seconds, which is equivalent to singing "Happy Birthday" twice. Practice this at home so it becomes a healthy habit. Frequent hand washing is the most effective way to avoid illness and to prevent the spread of germs.