



Dear Metro Students and Families,

Metro Care Connection is a collaborative school and community based effort focused on removing barriers to learning. We offer expanded school based health services to students in the Cedar Rapids Community School District during regular school hours. Metro High School is fortunate to have not only a regular health office to help with day to day health concerns but in addition, we are also a Metro Care Connection (MCC) School-Based Health Clinic site. Other MCC clinics are located at Jefferson High School and Kennedy High School.

Our health centers offer free health care to students without access to affordable health insurance or a primary care provider. MCC follows privacy guidelines of both HIPAA and FERPA. An official notice of privacy practices can be obtained at our clinic or on our [website](#). Each health center is staffed by a Pediatric Nurse Practitioner (PNP). When the PNP is in the clinic we can provide:

- Physical examinations and immunizations
- Treatment for minor illness (examples: headache, ear infection, strep throat)
- Basic laboratory tests
- Prescriptions for minor illness
- Health education and counseling
- Referral for more complex medical conditions

In order to receive medical care at one of our Metro Care Connection School Based Health clinics, students under the age of 18 must have a completed consent form signed by a parent or guardian. If a student over 18 is still living with their parent/guardian, we encourage them to complete the paperwork. **We are not able to give any medications or treat any illness without this signed consent form**. If you wish to have Metro Care Connection Health services available to your student, please complete/sign the Health Care Consent Form and return it to Metro High School. A new consent is required every year.

You may also wish to complete the Administration of School Supplied Acetaminophen (Tylenol) and Ibuprofen (Advil) for Middle and High School Students which allows your student to receive up to 5 doses of over the counter medication (OTC) as needed for headache, menstrual cramps or tooth/orthodontic pain. This form would be necessary if your child requires OTC when MCC services are not available.

**For questions and or concerns please contact myself at 558-3844 or Deb Gordon at 558-2272. During summer months you may contact our MCC Program office at 558-2481.**

Thank you,

*Sara*

Sara Gordon, RN, MSN, ARNP  
Metro High School  
School Nurse  
Nurse Practitioner for Metro Care Connection