

Notes from the Nurse 😊

Make sure you review the Parent Notifications (located under the “schools” tab of the district webpage); this contains a lot of information in student health and wellbeing.

If students need to take medications at school on a daily basis, please make sure you complete the Administration of Medication to Students form located on the district webpage under “forms” or ask us for a copy in the clinic at Metro. This form is required to administer medication at school.

Over the counter (OTC) pain relief medications can be obtained in the health office without a doctor’s prescription and are used for the relief of some pain symptoms on a temporary basis. If you would like your child to be able to receive school supplied OTC acetaminophen or ibuprofen for headache, menstrual cramps or tooth/orthodontic pain while at school, please complete the **Administration of School Supplied Acetaminophen and Ibuprofen for Middle School and High School Students** and return the form to Metro.

Important School Attendance Requirements

Before incoming 12th grade students can begin school in the fall, they **must** meet the mandatory state vaccination requirements. **Students without proof of vaccination, or a state exemption, will not be allowed to attend classes in the fall.**

The Iowa Department of Public health **requirements** for students entering 12th grade:

- 2 doses of **meningococcal** vaccine (if born after September 15, 1999), or one dose if a dose was received when student was 16 years of age or older.
- 1 dose of **Tdap** (Tetanus, Diphtheria, Pertussis) vaccine (if born after September 15, 2000).

Please check with your primary healthcare provider **NOW** about the Tdap/meningococcal vaccination and make an appointment for your child to receive these required vaccinations if needed. You may bring in proof of immunizations to the Metro High School health office at any time before the end of this school year.