

Healthy Vikings Newsletter

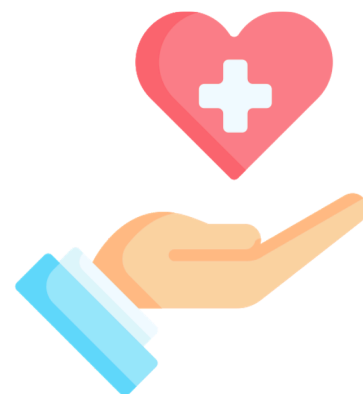
August 2024

Helping our students and families stay healthy!

Welcome to our Healthy Vikings Newsletter! Be on the lookout throughout the year for posts that will help you with...

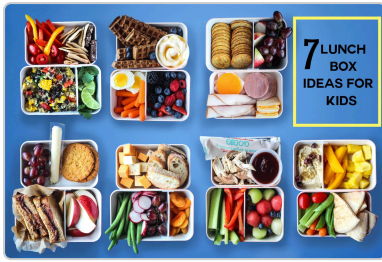
- Healthy meal ideas
- Fighting colds & flu
- Ways to build fitness
- Concussion recovery
- Allergies to environment and foods
- Parenting for different ages and stages
- Dealing with Asthma
- Understanding Diabetes

and much, much more...



Recipe of the Month

Packing their own... A really fresh idea!



7 Lunch Box Ideas Kids Can Pack Themselves

Making sure that your children are well fed 365 days of the year is hard enough, but adding 180 school lunches can feel downright relentless.

thekitchn.com

New Medication Permission forms this year

Please read these very important changes:

- **ONLY PARENTS** may bring medicine to school (**DO NOT SEND WITH CHILD**)
- Students can only carry medications if specified as emergency meds by their physician
- **Prescription meds must be in the original container and REQUIRE A PHYSICIAN'S SIGNATURE, not just the pharmacy label**
- Non-prescription meds (OTC) must also be in the original and unopened container
- **OTC meds given for over 5 consecutive days require a written physician's signature**

[Click here](#) to download the Medication Permission form from the LVISD Student Health webpage
[Click here](#) for a more detailed description from our Medication FAQ page.



Lago Vista Independent School District Medication Administration

This form must be fully completed in order for the student to receive the requested medication. A new medication administration form must be completed at the beginning of each year, for each medication and each time there is a change in dosage or time of administration of the medication. Blank forms are available in each campus office.

Student Name _____ DOB: _____ Grade _____

Name of Medication: _____ Dose: _____

Take Medication by: (Circle one) Mouth Inhaler Cream/Topical Injection Other

Dates to be given ☐ Entire school year or ☐ These dates _____ to _____

Time(s) to be given: ☐ Daily at: _____ OR as needed every _____ hours

Reason for medication _____

Special considerations / Side effects: _____

Parent/ Guardian: I understand that Lago Vista ISD policy requires the following:

- **ONLY PARENTS** may bring medicine to school or take it home from school. **(DO NOT SEND WITH CHILD)**
- Prescription medications must be in the original container with a pharmacy label.
- **Students are not allowed to carry medications** unless specified as emergency meds by their physician.
- Non-prescription (OTC) meds must be in the original unopened container.
- **OTC medications given for over 5 consecutive days require a written physician's signature *(see below)**
- First doses of medication must be given at home.
- Medications not retrieved within 10 days after the last day of school will be discarded.

Parent Printed Name: _____ Phone #: _____

Parent Signature: _____ Date: _____

Physician signature also required for all Prescription meds as well as OTC if given
for more than 5 consecutive days

Physician: I request that the student receive this medication during the school day as indicated above.

This medication considered an emergency rescue medication? ☐ YES ☐ NO

If YES: This student has been instructed on the proper use of this medication and is deemed responsible to carry and administer themselves. ☐ YES ☐ NO

Physician's office stamp required



Clinic computer-generated medication orders acceptable with clinic letterhead.. or sign below.

Physician's Signature: _____ Date: _____

Immunization records due ASAP!



Students' records must be current to attend school...

Lots of ways to get the records to us:

- Upload them via your child's parent portal
- Parents can bring them in to the nurse (Meet the Teacher night can work great)
- Email them to rcarmichael@lagovistaisd.net
- Parents can snap a photo (that shows the child's name and the vaccines given) to Nurse Carmichael's text line 512-571-3510 📷

Getting ready for Sports, Marching Band or Cheer?



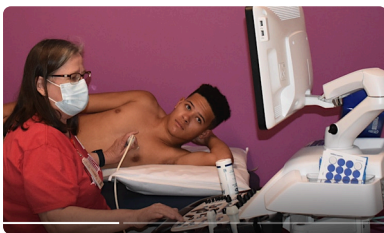
All students grades 7 - 12 who participate in UIL Athletics, Marching Band or Cheer must have a physical done before playing. Physicals are required every 2 years. Typically in 7th, 9th and 11th grades.

[Click](#) here for the 2 page physical form to take to the doctor's office

Band and Cheer students need to turn in their completed physicals to their directors.

Athletes need to upload their physicals into the RankOne athletics management software.. you can find more on this process below...
[Click here](#) to go to the district athletics webpage. Scroll to the bottom for the RankOne information.

Physicals that were done at school last April were mailed home in with their report cards.



Teen Heart Screening for Athletics - August 17th Austin

Champion Hearts: Ultrasound screening for athletes at Dell Children's downtown location

[Click here](#) to learn more about the screening

[Click here](#) to register for your teen... space is limited

♥ Screens teens, **ages 14-18**, for Hypertrophic Cardiomyopathy (HCM). Generally, one screening after age 15 is sufficient, unless cardiac symptoms are present.

♥ HCM causes a thickening of the heart wall, and can lead to obstruction of blood flow and an erratic heartbeat.

♥ HCM typically does not present any symptoms.

♥ HCM is the leading cause of sudden cardiac death in young people.

♥ HCM affects roughly 1 in 500.

Parent Child Connection



Hi My Name is...

Ways to get connected with your child's school

Be a joiner / make a difference!

[PTO](#) for the younger kiddos

[Booster Club](#) for older kids and their teams

[Band Booster Club](#) for all our musical crowd

[Be a Volunteer](#) and help on field trips, be a room parent, be a Copier Queen or a Watch Dog Dad

Come get to know us:

- [August 12](#)
 - **Middle School** Meet the Teacher 5:30-7pm
 - **High School** Viking Night (Last names A-L) 4-6pm
- [August 13](#)
 - **High School** Viking Night (Last names M-Z) 4-6pm
 - **Elementary** Meet the Teacher
 - Kindergarten: 4:00-4:30pm
 - All other grades: 4:30-6pm
 - **Intermediate** Meet the Teacher 5-6:30pm

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Laughter is the best medicine



CartoonStock.com



Regina Carmichael, RN

Your School Health website... <https://www.lagovistaisd.net/page/schoolnurse-Home>

Contact