



# Healthy Vikings Newsletter

September 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...



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## Recipe of the Month

### Safer - healthier cookouts!



## 6 healthy burger-and-side combos for your barbecue

Don't think it's possible to remake your barbecue favorites in a healthier (but still delicious) way? Think again. Here are 12 recipes that do just that.

🔗 [nbcnews.com](https://www.nbcnews.com)

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## Safety for our Brains



### What is a concussion and how do we help healing?

A super 5 minutes to help you learn about head injuries and how to heal safely...

<https://www.youtube.com/watch?v=zCCD52Pty4A>

Please let your campus nurse know if your child has had a concussion, either at home or in school activities so we can help them heal safely.

### Concussions: True / False

#### 1. Concussions can only happen if you lose consciousness:

- False - Losing consciousness is only one sign of a brain injury

#### 2. If you see a knot or swelling after hitting your head, it means there is nothing bad happening inside the skull and no worry about a concussion:

- False - Swelling on the outside of the skull does not tell us about conditions on the inside.

#### 3. You can get concussion without actually hitting your head:

- True - Concussions can occur when there is enough force to make the brain "slosh" against the skull, like in a whiplash situation from a car accident.

#### 4. Your child had a CT or MRI scan after the injury and it was normal so there is no concussion.

- False - Scans cannot show a concussion. It is only diagnosed by a physician based on their symptoms.

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## Safety with Medicine – New 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: \_\_\_\_\_

# Safety for our campuses

## Just some of the many ways we work to keep our schools safer



Prevention & Response:

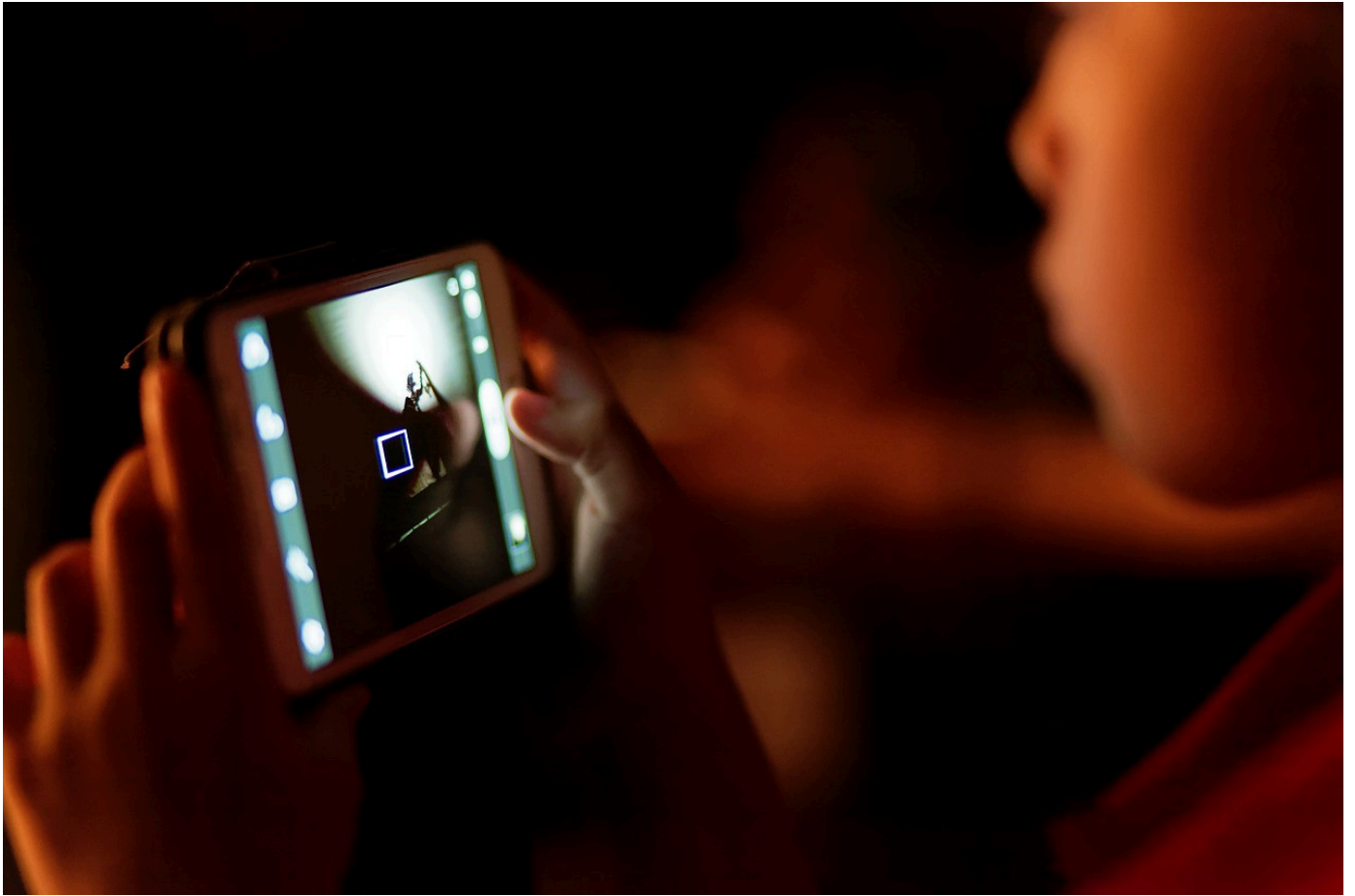
- **Stay Alert Anonymous Reporting** system: a confidential reporting service for students, teachers, staff, parents and community members to report unsafe behaviors, bullying acts of violence, harassment, and any threatening, harmful or unsafe disruptors to school safety. Available on all the student devices.
- **Raptor Alert:** You are already familiar with signing in and out with Raptor at our campuses - but there is much more: <https://raptortech.com/raptor-alert/>
- **Active Monitoring by First Responders:** All Lago Vistas ISD two-way radio channels are actively monitored by Travis County ESD #1. The Lago Vista Police Department has secure access to the centralized management system for the Lago Vista ISD security camera system and provides active monitoring of live feeds, as appropriate. The Lago Vista Police Department is also providing increased patrols and campus walkthroughs at each campus in the District.
- **Bark for Schools Content Monitoring:** Bark for Schools provides Lago Vista ISD with monitoring services to scan emails, chats, and files for signs of serious issues like suicidal ideation, threats of violence, bullying, and more. To learn more about Bark for Schools Content monitoring services, please visit <https://www.bark.us/schools>
- **Control Access and Manage Visitors:** In an effort to maintain the safety and security, the District provides uniform procedures to both control access and manage visitors to our facilities. To learn more about the procedures for accessing Lago Vista ISD facilities, please visit our [Lago Vista ISD Facility Access Control and Visitor Management Procedures](#).

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## Safety with cell phones

Great ideas for setting your child up for a safe cell phone experience.

<https://www.youtube.com/watch?v=EXmaFkNFm7s>



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**Laughter is the best medicine**



## Rock, Paper, Safety Scissors

CartoonStock.com



**Regina Carmichael, RN**

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

Contact