



Health Services  
30 South Wisconsin Avenue  
Rice Lake, WI 54868

Dear Parent/Guardian:

I hope this letter finds your family enjoying a happy, healthy summer break and that your student(s) are feeling refreshed and ready to return to a new school year! **WELCOME BACK!**

As we come together, here are some reminders that will help get our year off to a great start!

- **Illness – School is a place for healthy kids!**

Please check your student(s) for signs of illness every day before sending them to school. In general, we feel a student is too ill for school if they have any of the following symptoms:

1. Fever over 100.4F (remain out until 24 hours after fever resolves without the aid of fever-reducing medication)
2. Frequent diarrhea (3 or more loose stools within an 8-hour time period) especially if accompanied by fever or if the stool contains blood or mucus.
3. Vomiting – 2 or more times within 24 hours (remain out until 24 hours after last emesis).
4. Rash that is spreading or accompanied by fever or behavior change
5. Severe pain or other symptoms that prevent the student from concentrating or participating in classroom activities. Ask “Will your student be able to participate in regular classroom activities despite their current symptoms?”

When in doubt – give us a call! We would be happy to help you make the best choice for your student! If your student sees a doctor for their illness remember to get a medical note – this is excused differently and can help you avoid truancy concerns if your student is ill for more than a few days!

If your student is too ill to come to school, call the school attendance line to leave a message excusing them as ill – please provide a list of symptoms they are experiencing! If your student sees a doctor and is diagnosed with an illness such as strep throat, chicken pox, mono, COVID 19, etc, the diagnosis is appreciated– this helps us track “what’s going around”.

- **Medication**

Medication forms and information are available on our website at the following links:

[Authorization to Administer Medication Form](#)

[Medication Form Instructions](#)   [Parent Guidelines for Medication Administration](#)

A new medication form signed by a parent or guardian is required each year - NO EXCEPTIONS. Incomplete forms will not be accepted.

- All orders for prescription medication must be signed by a health care provider AND parent. Be sure forms are properly signed before bringing them to school.
- For safety reasons and per school policy, all medications must be brought to school by the parent/guardian, in the original prescription or manufacturer’s bottle and include the student’s name, medication name, dose, time and route of administration.

- **As needed medication:**

- Over-the-counter pain medication (ibuprofen, 200mg tablets or acetaminophen, 325mg tablets) is available to students in the High School health room in case of mild aches and pains (headache, muscle aches, cramps, etc.). If you would like your student to have these medications available to them, please complete a Medication Authorization form (see above link). **A new form is required every year.**

- **Injuries and restrictions to activity** – if your student is unable to physically participate in any school activity (due to injury, planned surgery, illness, etc) a written note signed by a health care provider is required. The note should include a list of restrictions and the end date for the restriction(s). Students without proper medical notes are expected to participate in all school activities to the best of their ability.

- **Immunizations** – if your student receives vaccines/immunizations during the school year, please forward a copy of their record to the school so we can keep our records as up-to-date as possible. If we already have the information – no need to send another copy. A list of required immunizations is located on our website.

[Wisconsin State Immunization Requirements](#)  
[Student Immunization Record](#)

- **Flu Clinic** – We will continue to work with Barron County Public Health to provide this opportunity if it is available. More information to follow!

**Chronic Health Conditions (asthma, allergies, epilepsy, diabetes, etc.):**

- If your student has had an active school health plan in the past, you should have already received your paperwork for updates for the new school year. If you have not received the paperwork, please contact me – I will get forms to you!
- If you have received your paperwork, please complete it and return it as soon as possible so staff can be trained and ready to care for your student on their first day of school!
- If your student has developed a new health concern over the summer, please call me so we can create a plan of action for the school year
- If your student's health plan includes giving emergency medication, please deliver a supply of that medication to the school. Be sure to check expiration dates. We cannot give expired medication.

**Dental Clinic** – NorthLakes Community Clinic/Superior Smiles Program is again offering a preventative school based dental program for all students grades Pre-K through 12th. This program is funded in part by Wisconsin Seal-A-Smile in collaboration with the Children's Health Alliance of Wisconsin and the Division of Public Oral Health Program. A dental professional comes to the school to provide dental services at NO CHARGE to you. The program includes:

- Oral health education and dental supplies
- Oral health assessment by a licensed dental professional
- Fluoride varnish applications (2 to 3 per year)
- Dental sealants and sealant replacement where necessary

The treatment your student receives in this program is not meant to be an alternative to regular dental care. It is still strongly recommended that you continue routine care with your family dentist. If you do not have a family dentist for routine dental care we are committed to helping you find one.

If you would like your student to participate in this program, click this link to register:

<https://sealasmile.wisconsin.gov/Consent>

Looking forward to a happy, healthy school year! Please call with your questions or concerns!

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