

Fall Expedition Health Preparation

Health Preparation - In the spirit of good hygiene and health, we would like to bring several issues to your attention pertaining to your child's health.

It is the responsibility of parents to send a healthy, non-contagious student to school. The school is required to send a student home when the school feels that the student may be contagious and the student has not been cleared by an MD in writing. Students have to stay home until the communicable condition is no longer contagious. Some examples are fever, flu, colds, pink eye and head lice. During trips, parents may need to pick up students who arrive with a contagious condition or who become contagious during the trip and keep them home until the illness has been cleared by an MD in writing.

Prescription Medication: If your child will be taking any prescription medication on any trip, we need to know about it. Please fill out the attached ***Authorization for Dispensing Medication Form*** and return it to the office by **Friday, October 5**. We will have first aid staff hold and administer medication. Please clearly label the bottles and include clear instructions. As the morning of the trip is always hectic, please be sure to ***communicate this information to Lilli in the office by Friday October 5.***

Allergies and Headaches: If your child has any allergies or has a tendency to get headaches, please inform and provide the office with the appropriate medication.

Bee Stings: If your child is allergic to bee stings, please make sure you send two bee sting kits with them. We expect a child who is allergic to bee stings to carry their bee sting kit at all times. A staff member will carry the second kit. Please notify us of this if it is not already on your child's Medical History, Medication and Treatment Authorization Form.

Sunscreen and Water: We are often on the road or trail for hours at a time. Whether the weather is sunny or overcast, students are reminded to apply sunscreen and to drink water. Electrolyte tabs are also good to have. Consider packing some in your child's rack pack. Please

make sure that your child brings sunscreen (SPF 15 minimum), a hydration pack or two water bottles for these purposes. On day hikes, students are encouraged to wear a sun hat.

Hygiene: Bike riding, hiking and camping lead to dirty hands, faces and bodies. Advise your child to bathe regularly and provide him/her with soap, shampoo and body wipes.

Head Lice: We request that parents conduct a “lice check” on each child at home before we leave on any trip. Lice can spread easily head to head. If you discover that your child has lice, please notify the SBMS office. **To check for lice:** Have your child tip their head forward. Carefully examine the hair above the nape of the neck and near the ears for small, white sticky eggs. They look like dandruff, but can not be flicked off. The eggs attach approximately 1/8” down the hair follicle. If you would like us to check or double check your student, please ask Lilli in the office. **To treat lice:** Contact family physician for advice/prescription shampoo. Over-the-counter treatments for lice may also be purchased and used.

Asthma: Please fill out the ***Authorization for Dispensing Medication*** form if your student has been diagnosed with asthma. Please be sure your child carries an inhaler on the trip and that we have a spare.

Dress Philosophy: As a reminder, the school’s Dress Philosophy, which can be found in full in the 2018-19 Community Handbook, states the following:

- Athletic attire is required for sporting activities (ex: close-toed shoes, etc.).
- Expedition attire is required for outdoor education activities (see packing lists).
- Clothing must not be offensive and not reference violence, profanity, drugs, alcohol or tobacco.
- Undergarments (i.e. bras/boxers) should not be visible.
- Clothing should not be transparent or expose the bottom, torso or chest.

Two of our major health concerns on trips are sunburn and chafing. To prevent chafing, students must wear mid thigh-length shorts (or longer) while cycling. Padded cycling shorts and Lycra have proven to be good choices. Short volleyball style shorts are not appropriate or allowed as cycling clothing. For better sun protection, students must wear shirts that cover their shoulders and upper back (no tank tops). Please refer to the ***Trip Equipment List*** for specifics.