

# NASD Health Services Newsletter Fall 2026

The philosophy of the North Allegheny Health Services Department is to work within the regulations and the scope and standards of school nurse practice to support a level of wellness, ensuring all students have the opportunity to achieve maximum benefit from their educational experience. Through education, prevention, and early intervention, the Health Services Department works collaboratively with school, community, and families to ensure that all students are healthy, safe, and ready to learn.

## Make the Most of the SNAP Health Portal

North Allegheny School District is excited to begin our second year using the SNAP Health Portal. Many families have already used the portal to complete forms, send health records, and stay in touch with the school health office.

This year, we want to make sure every North Allegheny family knows about the portal and uses it. It is a simple and secure way to manage your child's school health information from home, your phone, or anywhere you have internet access.

### What Is the SNAP Health Portal?

The SNAP Health Portal is a secure website that connects you with your child's school health office. It is HIPAA and FERPA compliant. You can use it to view and update health information, send documents, and communicate with the school nurse.

The SNAP Health Portal is accessed through **PowerSchool**. From your PowerSchool home page, simply click the **square with the arrow** in the upper-right corner to open the SNAP Health Portal.

### What Can I Do in the Portal?

The SNAP Health Portal makes it easy to take care of many school health needs. You can:

- Complete and sign health forms online.
- Update your child's health information when something changes.
- Upload physicals, vaccine records, and doctor's orders.
- View health information and screening results.
- Receive messages from the school health office.
- Send secure messages to the school health office.
- Give permission for school-provided over-the-counter medicines.

Using the portal can save time and helps make sure the school health office receives important information as quickly as possible.

### **Keep Your Child's Health Information Up to Date**

Health information can change during the school year. Your child may receive a new vaccine, have a new medical order, or need medication at school.

The SNAP Health Portal gives you an easy way to send this information to us. For example, you can upload a new vaccination record or a doctor's order directly to the school health office.

Keeping this information current helps us provide safe and appropriate care for your child during the school day.

### **Give Permission for OTC Medicines**

Would you like your child to have access to school-provided over-the-counter medicines?

Log into PowerSchool and open the SNAP Health Portal. Click Medications (on the left side of your screen), then OTC (on the upper right side of your screen).

Review the available medicines and choose the ones that are appropriate for your child. Submit your choices when you are finished.

### **Stay Connected with the School Health Office**

The portal also makes it easier to communicate with your child's school health office.

If you receive an email that you have a new message, log into the SNAP Health Portal and click Messages. You can read the message and reply directly through the portal.

This helps keep health-related communication in one secure place.

### **Use SNAP on Your Phone**

You do not need to download an app to use the SNAP Health Portal. You can access it from your phone, tablet, or computer using a web browser.

This means you can complete a form, upload a document, or check a message whenever it is convenient for you.

We are aware that on some iPhones the date of birth section does not come up. If you tap the space above the "verify" button, the picker appears.

### **One Account for All Your Children**

If you have more than one child in North Allegheny, you do not need a separate account for each child. Your children should all appear in your SNAP Health Portal account if you are listed as their parent or guardian.

You can easily switch between your children to view information, complete forms, or send documents.

### **We Want Every Family to Use SNAP!**

This is our second year using the SNAP Health Portal, and we encourage every North Allegheny family to make it part of their school routine.

The portal can help you:

- Save time
- Keep information up to date
- Send documents easily
- Communicate with the school nurse
- Stay informed about your child's health

Please take a few minutes to log in and explore the portal. Even if you used SNAP last year, it is a good idea to check your child's information and make sure everything is current.

Your child's health information is an important part of their school experience. The SNAP Health Portal makes it easier for you and the school health office to work together to keep your child healthy and safe.

### **Watch the SNAP Health Portal Video**

New to SNAP or need a refresher? Watch this short video to learn more about using the portal:

[Watch the SNAP Health Portal Instructional Video](#)

Log in today and make the most of the SNAP Health Portal!

## Oh No! Headlice! Now what?

Lice outbreaks are not uncommon among school children, and the cleanest child can easily become infected. Do not panic if you find that your child has been infested with lice. Head lice do not spread disease. While time-consuming to treat, this is not a chronic health problem.

### What to Look For

When there is intense itching and scratching of the scalp and the back of the neck, look closely at the scalp for small, white-ish eggs firmly attached to the hair shaft, especially at the nape of the neck and above the ears. Although these eggs may look like dandruff, dandruff can easily be removed from the hair while the eggs cannot.



### What to Do

- Notify the school nurse if you confirm lice or eggs/nits.
- If members of your family become infested, you may treat them with an over-the-counter Pediculosis product from your drugstore, or you may contact your Health Care Provider for their recommendation. Remember to read directions thoroughly on any product used. Some products recommend another treatment in two weeks.
- After treatment, the nits or eggs should be removed from the hair. There is a comb included in most treatment packages, but often, the easiest method of removal is using your nails and pulling the egg off of the hair shaft. You should make sure you have plenty of light, positioning yourself by a window for ease of identification of the nit. The nits, as shown in the picture above, look like a small tear drops and are "cemented" on the hair shaft with the tip of the tear toward the scalp.
- If a child is suspected of having Pediculosis, the School Nurse will examine the suspected child and siblings. If head lice are found, the School Nurse will contact the parent of the child and provide educational materials concerning treatment and environmental control. Following treatment (this includes use of

Pediculocidal agent and nit removal), the School Nurse will examine your child's head. Proof of treatment (Pediculocidal agent or prescription packaging) must be provided to the School Nurse. Parents of the building will be notified via email of the lice identification. Neither class or grade level will be identified in the message.

- Wash all personal clothing (including jackets and backpacks) and bedding (sheets, blankets, pillowcases) in hot water (at least 130°F.) or by dry cleaning. Vacuum the mattress. We also recommend changing the pillowcase nightly for the following two weeks.
- Thoroughly wash combs and brushes in hot water to disinfect.
- Thoroughly vacuum furniture, rugs, and car interiors.
- Place all stuffed toys in a plastic bag for two weeks.

The district's goals are for head lice to have minimal disruption to students' educational experiences and minimize the stigmatizing impact on students and families.

## Staying Healthy During Cold and Flu Season

### 1. Boost Your Immune System

- **Eat well:** Load up on fruits, veggies, whole grains, lean proteins, and healthy fats.
- **Get enough sleep:** Aim for 7–9 hours per night.
- **Stay hydrated:** Drink plenty of water.
- **Exercise regularly:** Moderate movement like walking or yoga can help immune function.



### 2. Practice Good Hygiene

- **Wash your hands** often with soap and water (at least 20 seconds).
- **Avoid touching your face** — especially your eyes, nose, and mouth.
- **Cover your mouth and nose** with your elbow when you cough or sneeze.
- **Disinfect surfaces** (phones, keyboards, doorknobs) regularly.

### 3. Get Vaccinated

- **Flu shot:** Get it every year — it's updated annually to match circulating strains.
- **COVID booster (if applicable):** Keep up with recommended boosters if advised by your healthcare provider.

### 4. Work together as a community to keep everyone healthy—Keep your child home when they are sick.

A child can return to school after illness when:

1. The child has not had a fever (and is not using fever-reducing medicine) for at least 24 hours.
2. Fever with a new rash has been evaluated by a healthcare provider and fever has resolved.
3. Vomiting has been resolved for 24 hours and the child can hold down food / liquids.
4. Diarrhea has resolved for 24 hours. **Bloody diarrhea should be evaluated by a healthcare provider prior to return.**
5. Respiratory virus symptoms are getting better overall for at least 24 hours. Students and staff returning after a respiratory illness can consider [additional actions](#) to reduce spread.

## Keeping Halloween Safe and Fun!

### **Halloween Safety Tips for Parents: Keeping Your Kids Safe and Smiling**

Halloween is a magical time for children — costumes, candy, and creativity all rolled into one exciting evening. But as fun as it is, Halloween also presents unique safety challenges. With the streets buzzing with trick-or-treaters, it's important for parents to be extra mindful about keeping their children safe.

Here are some practical tips to help you ensure a safe and happy Halloween for your family.

## **Costume Safety: Dress Smart**

- **Keep it visible:** Choose light-colored costumes, or add reflective tape, glow sticks, or flashlights to help drivers see your child in the dark.
- **Make sure it fits:** Oversized costumes can cause trips and falls. Ensure costumes are the right length and fit securely.
- **Be flame-resistant:** Check that costumes, wigs, and accessories are labeled flame-resistant.
- **Masks off, visibility on:** Masks can obstruct vision. Consider non-toxic face paint instead, or make sure masks fit well and don't block eyes or breathing.
- When selecting costume makeup, always check the ingredients for common allergens like latex, fragrances, alcohol, preservatives, or dyes. Some Halloween face paints can be harsh and irritating. After purchase, do a patch test on a small skin area to limit any potential reaction.

## **Trick-or-Treating Safety: Plan Ahead**

- **Go as a group:** Children under 12 should always be accompanied by an adult. Older kids should stick to familiar neighborhoods and travel in groups.
- **Set a route and curfew:** Agree on a route and return time if your child is trick-or-treating without you.
- **Walk, don't run:** Remind kids to use sidewalks, cross at crosswalks, and make eye contact with drivers before crossing streets.
- **Avoid dark houses:** Only approach well-lit homes and never enter a stranger's home or car.
- **Avoid Unsafe Treats:** Treats should be store-bought items that are individually wrapped.
- Treats should not be eaten while trick-or-treating. They should only be enjoyed after a parent has checked them for tampered wrappers or potential allergens, especially for children with food allergies.

"Wishing you a frightfully fun night!"