

September 11, 2023

Dear Water Valley Families,

Welcome to the 2023 fall semester! I am fortunate to be starting my 3rd year as Water Valley’s School Nurse. The nurse’s office is based out of the elementary, but will provide to both campuses. I am looking forward to working with each of you to ensure our wildcats have a healthy and safe school year.

As the school year begins, our wildcats are being reintroduced to their friends. With this comes the spread of germs which are mostly harmless, but may cause some mild symptoms. Parents can help battle these minor illnesses by ensuring your wildcat is getting proper sleep and nutrition. With that being said, I would like to remind the families of information that was sent out in the enrollment packets at the beginning of the school year related to illnesses and medications:

* Medications can only be administered after a medication permission form has been filled out. This includes ALL over the counter medication (Example: Tylenol, Advil, Aleve, Benadryl, Triple Antibiotic Ointment, etc.)
* As required by state law, schools are no longer able to provide any over-the-counter medications while at the school, these must be provided by the parent.
* Any medications sent MUST BE IN ORIGINAL CONTAINER, and properly labeled with the student’s name. Parents must deliver the medication.
* After any illness, wildcats may return to school ONLY after they are symptom free for 24 hours without the aid of medications.
* Fever is defined as a temperature of 100.4 or above without the use of fever-reducing medications.

Our wildcats will learn their best when their health is at its best. Getting plenty of sleep at night and starting each morning with a nutritious breakfast can decrease many mid-morning headaches and stomachaches and help our wildcats feel more alert, focused, and ready to learn. If at any time you feel the need to discuss the health of your child, please contact me.

Thank you for this opportunity to care for your wildcats,

Tallyn Holt, RN, BSN

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