



Kastner Health Office

The health office is located in the main office and is staffed by Mrs. Debra Hopkins, RN, Credentialed School Nurse, and Mrs. Shannon Balderas, Health Assistant. Our goal is to provide optimal health care and to ensure a safe environment for all of our students.

You may call the nurse at 327-2780 or send an email to DebraHopkins@cusd.com. Faxes may be sent to 327-2790. Health Office hours are 7:30-3:30, M-F.

If Your Child is Ill or Injured at School

He or she will receive prompt care and consideration. Parents will be contacted for injuries of a serious nature or if your child is too ill to remain at school. Students who are going home due to illness or injury will be signed out in the Health Office. Should you have any questions regarding your child's health problems, please feel free to consult with the nurse.

In regards to illness, CUSD follows guidelines provided by the Fresno County Department of Public Health.

Please Keep Your Child Home if he or she:

1. Has a temperature of 100.0 degrees or higher. Your child should remain at home until fever-free for 24 hrs without the use of fever reducing medications.
2. Has vomited or had diarrhea in the previous 24 hours.
3. Has started antibiotics in the previous 24 hours.
4. Is feeling too ill to participate in class.



Special Health Needs

If your child has special health needs such as severe allergies, diabetes, seizure disorder, heart problems, etc., please contact the nurse and she will make an appointment to meet with you to arrange for accommodations for your child as needed.

It is district policy that students diagnosed with seizure disorder have written physician's clearance and written parent/guardian request in order to participate in any school swimming program. The form is available on the Kastner website under health services and must be renewed every school year.



Health Information & Emergency Contact Phone Numbers

Please make sure your child's health information and emergency contact phone numbers are kept current on Zangle. This is the only way to we have to assist your child with their health needs and contact you if your child becomes ill or is injured at school.



Medication at School

All medication needed for school must be cleared through the health office, including over-the-counter medication such as Tylenol. All medication orders must be renewed at the beginning of each school year. Our 'Medication at School' form is available in the health office and on the Kastner website.

California Education Code 49423 requires:

1. A written statement from your health care provider detailing the method, amount, and time schedule by which the medication is to be taken.
2. A written statement from the parent or guardian of the student indicating the desire that the school district assist the student in the matter set for by the health care provider's statement.
3. Medication must be in the original container from the pharmacy. Medications in "baggies" will not be accepted.



PE Excuses

PE excuses written by a health care provider should be brought to the health office by the student or parent. If a student is excused from PE by their doctor for 2 weeks or longer, they will be placed in Medical PE.

Parent notes are to go directly to the PE teacher. Parents may excuse their child for up to three days in a 12-week grading period.



Vision & Hearing Screenings

Screening programs are mandated by the State of California and are usually scheduled in September. Parents will be notified if there is any indication that further evaluation may be necessary. Parents may choose not to have their child screened by sending a written refusal to the nurse.

All 8th grade students, students new to CUSD, and all students receiving Special Education services or Section 504 services will have their vision and hearing screened by a credentialed school nurse.



Immunization Requirements

In accordance with California State Immunization Requirements, students will not be admitted to school without proof of having the required immunizations. The required immunizations include polio, DTP, MMR, Hepatitis B, and varicella.

Recently, Assembly Bill 354 was signed into law and it requires **ALL** students entering 7th grade provide proof of a Tdap (whooping cough) booster shot before starting school in August.

