

OMS School Nurse Newsletter

February 2023

Welcome our New School Nurse Micah Eady!

Hello, OMS Families!

I wanted to take a moment to formally introduce myself. My name is Micah Eady, and I am so pleased to be the new school nurse here at Oakland! It has been an absolute pleasure getting to know the Oakland family! I started here at Oakland in January and my daughter is also a 7th grade student here. I answer to many names including Nurse, Nurse Micah and Ryan's mom.

A little about me: I am a Mizzou and Columbia College graduate, and Columbia has held a special place in my heart for many years. We recently moved back to Columbia after spending 6 months abroad in Costa Rica. Prior to Costa Rica we lived in the Dallas area for 10 years. Spending 6 months abroad allowed us time to reassess what we wanted life to look like when we came back to the States, and we made the decision to return to Columbia. It is truly an amazing city – the people, the local restaurants, sense of community, ability to handle winter weather and clear the roads are truly underrated. If you saw the news stories about the ice that hit Texas recently then you know what I mean.

Professional experience: I have worked in healthcare since 2008 and became a Registered Nurse in 2011. My experience includes Emergency Medicine, Trauma, Inpatient Rehabilitation with a focus in Spinal Cord Injury, Case Management and Hospital Leadership.

Contact Information:

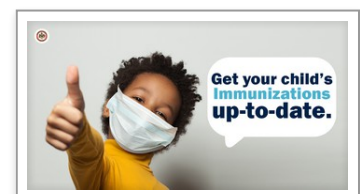
Email: meady@cpsk12.org

Phone: 573-214-3220. Option 2

Fax: 573-214-3220

Important Reminder

All students **entering 8th grade next school year** are required to have the following immunizations: **Meningitis (MCV) and Tdap (Tetanus-Diphtheria-Pertussis)**. These vaccinations are required before the start of the 8th grade year. I am currently reviewing



records and will be sending out reminders to those students who are missing confirmation of these vaccines on their record.

For any questions, contact Nurse Micah.

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Morning Routine:

Screen your child for symptoms so we can keep everyone healthy at school.

- ☒ No fever or chills
- ☒ No cough
- ☒ No shortness of breath or difficulty breathing
- ☒ No sore throat
- ☒ No headache
- ☒ No muscle aches
- ☒ No nausea, vomiting or diarrhea
- ☒ No new loss of taste or smell
- ☒ No new runny nose or congestion
- ☒ No close contact with a person with COVID-19 in the last 14 days

Sick? Stay home!

#HealthyatSchool

Medication at Middle School

Students can bring a day's dose of Over the Counter (OTC) medication in the original manufacturer container, please put their name on it. This includes cough drops or sore throat lozenges. Students should not share this with anyone or have it out other than to take medication. In middle school and through High School your child may carry their inhaler as well, please let the nurse know if they are having increased problems with their Asthma. Label the inhaler canister with student's name. Per CPS policy school nurses are not to give any medication OTC or prescription medication without a Dr's orders.



