

HEALTH INFORMATION for School Year 2020-2021

(Please fill out one form for each child)

Student's Name: _____ Grade: _____

Physician or Medical Facility: _____ Phone: _____

If your child becomes ill at school, who should we contact first?

Name: _____ Phone: _____

If this person cannot be reached, please contact _____ at (phone) _____

yes **no** Does your child have any allergies, including insect stings?

Describe: _____

yes **no** Does your child have any allergy medicine that will need to be used at school?
 self-administered kept in school office

yes **no** Does your child have any special physical, medical, or behavioral conditions?

Describe: _____

yes **no** Has your child ever had seizures? Describe: _____

yes **no** Does your child take any medication during the day?

List medication/reason: _____

*Note: if you wish the school to dispense any medication, we will need you to sign a **Medication Administration form**.*

Epi-Pen Inhaler

If an Epi-Pen or inhaler is used, please list where it will be kept during the school day (e.g., backpack, purse, etc.):

ADMINISTRATION OF HOMEOPATHIC REMEDIES

I give PRWS permission for the 2020-2021 school year to treat my child with homeopathic remedies (see list on back) as needed for injuries while at school. I understand the benefits and risks of these remedies.

Yes ____ No ____

Parent Signature

EMERGENCY MEDICAL CARE OR TREATMENT

In the event of an emergency, every effort will be made to contact you. If contact can't be made, Pleasant Ridge Waldorf School will act in the best interest of the child's safety and care.

Homeopathic Remedies

Pleasant Ridge is able to offer minor first-aid care for accidents and injuries. We are aware that some of our parents would like us to administer homeopathic remedies for some injuries. Below is a list of remedies that we can offer. If you would like these to be administered, sign the area on the front of your health form.

Rescue Remedy: Rescue Remedy can be used to relieve the fear and shock a child may experience after an accident. It can help restore a child to a more balanced state after a bad accident has happened. Rescue Remedy is not intended to replace medical treatment but is an invaluable support while waiting for medical help in an emergency. It is natural, entirely safe, has no side effects, is not habit forming and will not interfere with any other medical treatment. It is made from five flower essences and can be given orally or topically.

Arnica Tabs: This homeopathic remedy can be used when a child incurs an injury. Examples of injuries that arnica would help are: sprains, strains, falls, blows and bruises. Arnica is used to reduce the swelling, muscle soreness and bruising that can occur with an injury. It can be administered orally or used topically. The ointment is not used on an open wound.

Hyland Menstrual Cramp Remedy: A mixture of 4 homeopathic remedies used for relief of symptoms of menstrual pain, cramping, and irritability associated with the menstrual period.

Hyland Headache Remedy: A mixture of 4 homeopathic remedies used for the relief of symptoms of head pain due to stress and sick or nervous headache.

Apis Mellifica: Provides soothing relief for swelling, edema, burning & stinging pains and itchy skin conditions. This is great to keep on hand for first-aid treatment. Main indication is for swelling from insect bites or allergies.