
July 2026

Dear Parent or Guardian:

Greetings from your school Health Room! Our Health Room team is excited to partner with you in supporting the health and well-being of your student. Our goal is to help every student stay healthy, safe, and ready to learn. The Health Room team is here to provide care for illness or injury during the school day, assist in managing health conditions, administer medications as needed, screen hearing and vision as indicated, and promote healthy habits. We value strong communication with families. Please keep us informed of any health concerns or medical needs your child may have so we can support them effectively throughout the school year.

How can you help us provide the best possible care for your student?

- Keep your student home when they are sick. Refer to [FCPS Document- Can My Child Go To School](#)
- Complete the Health Information form [on paper](#) or electronically in [SIS ParentVUE Online Verification/Update Packet](#) annually.
- Notify the health room promptly of any changes to your student's health that will impact their school day.
- Provide current home, work, and alternate telephone numbers in [SIS ParentVUE Online Verification/Update Packet or Emergency Care Card on paper](#).

Does your student require a special diet?

- If your student requires a modified diet and will eat school meals, please refer to the [Steps to Request Dietary Accommodations](#). Forms are available for students who require medical dietary accommodations and those who cannot drink cow's milk and need milk substitutes.

Has your student had a head injury at home?

- Immediately notify the school health room and your student's school counselor so school staff can implement appropriate accommodations if needed and follow established protocols to support a safe recovery and return to learning.

Has your student had an injury at home that may impact their physical activity at school?

- Immediately notify the physical education (PE) teacher if your student has any PE restrictions and provide the PE teacher with a [FCPS Physician Referral for Participation in Physical Education Form](#) (SS/SE-200) completed by your healthcare provider.

Any questions about opioid awareness?

- Information about opioid prevention and misuse can be found here [Opioid Awareness | Fairfax County Public Schools](#).

Does your student have a medical condition, require medication during the school day, or need a health care procedure?

- If your student has a seizure disorder (epilepsy), please have your student's health care provider complete the [FCPS Authorization for Seizure Action Plan](#) (SS/SE-385) and return it to the school public

health nurse (PHN). This includes authorization for seizure rescue medications and procedures that may be required during the school day.

· If medication must be administered during the school day, please follow the guidelines established in the current version of [FCPS Regulation 2102](#).

1. Have your student's health care provider complete appropriate FCPS [medication authorization forms](#) and submit them to the school health room annually, as applicable:

- [Medication Authorization](#) (SS/SE-63)
- [Authorization for Anaphylaxis Action Plan](#) (SS/SE-64) for epinephrine
- [Authorization for Virginia Asthma Action Plan](#) (SS/SE-65) for asthma rescue medication.

2. Bring your student's medications to the health room.

· If your student must have health care procedures during the school day, please follow the guidelines established in the current version of [FCPS Regulation 2104](#).

1. Have your student's health care provider complete an appropriate authorization form and submit them to the school health room annually, as appropriate:

- [Specific Health Care Procedures Authorization](#) (SS/SE-180)
- [Specific Health Care Procedures Authorization for G-tube Feeding](#) (SS/SE-180A)
- [Specific Health Care Procedures Authorization for Oxygen Administration and Pulse Oximetry](#) (SS/SE-180B)

2. Bring your student's health care procedure supplies to the health room.

Thank you for partnering with us to help keep all FCPS students healthy, safe and ready to learn. We look forward to working with you throughout the school year.

If you have any questions, feel free to call your school Health Room at 703-442-5810 or your school Public Health Nurse, Rebecca Postol, RN, at 571-595-6411.

Sincerely,

Rebecca Postol, PHN