

# 2024 Blakely Outdoor Education Medications and Health Concerns



Any questions or concerns about Food Allergies, Special Diets or Medication can be directed to the school nurse, Marci Collins, at (206) 780-2074 or [mcollins@bisd303.org](mailto:mcollins@bisd303.org).

## Food Allergies

- Kitchen is **NOT** peanut or tree nut “free”, but they do provide alternatives for peanut or tree nut products (or anything containing those items) at camp.
- Special Diet information will be entered by parents during the online Registration process.

## Medications & Dr. forms

- **DUE Wednesday, May 1st**
- What is a medication?
  - **Over the Counter (OTC) Meds:** such as Vitamins, Cough drops, Ibuprofen, Tylenol, Dramamine, Benadryl, Allergy meds, Herbal remedies, Melatonin, Neosporin, etc.
  - **Prescription Medications** for ADHD, seizure disorders, inhalers, cardiac medications, antibiotics, etc.
- If we can avoid having your student take **Non-essential** medications for the 2 ½ days that they are at camp, it would be greatly appreciated (Ex: melatonin, vitamins, etc.)
- **ALL** student medications must be:
  - Labeled and in original packaging with only the amount needed during camp.
  - Need to have a “Medication at School” Form **complete with Health Care Provider signature and parent signature** for each medication. Parents are responsible for procuring these forms.
  - Turned into the health room by **Wednesday, May 1st** (for special cases, please contact the nurse.)
- Medication Forms can be found on website: <http://bisd303.org/Page/3442>
- Medications and Medication at School forms already on file at school, such as inhalers or Epi-Pens, will be sent on the trip (no need to duplicate.)
- Parents/Adult Chaperones DO NOT need to complete the Medication Permission Form or turn in their medication to the school nurse.