

# TUHSD Health & Nursing Services

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Mondays– Redwood

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\*Schedules are subject to minor changes for meetings and trainings

Dear TUHSD Staff,

Our district is proud to offer a variety of health and nursing services to students at our schools. These services are provided by Deborah Meshel FNP & Credentialed School Nurse, and Jessica Alegria, Health Specialist, in collaboration with student services staff. Please read this newsletter to learn more about the services we offer on campus to support the health and wellness of all students.

## FREQUENTLY ASKED QUESTIONS

### **A student is sick and wants to go home. Where do they go?**

When you know a student needs to go home, please send the student directly to the nurse's office. You do not have to wait for a pass from the office or for a campus assistant to escort the student. Please do not send sick students to the library or other campus spaces where they could get others sick.

### **Will the Nurse/Health Specialist allow students to rest?**

If nursing or health staff are available, they will check in with the student and may allow them to rest for a short period of time. Please do not promise a student they can be gone the entire period or that they can sleep in Nursing/Wellness area.

### **What if a student is injured on a day when there is no Nurse or Health Specialist on campus?**

Each site has a Health Specialist Back-Up position and a back-up to the Health Specialist Back-Up. Please check with your site administrators to find out who the designated back-up's are at your school.

### **Can students get Tylenol or Ibuprofen?**

No. We do not give out over the counter medications such as Tylenol or Ibuprofen to students, even if a student has signed parental consent. Please do not send students to the nurse's office for any over-the-counter pain reliever.

### **What if a student has to take other prescribed medications?**

If a student has to take other prescribed medications, then we will ask the caregiver to submit a Medical Authorization form signed by the caregiver and physician. We encourage students to minimize class disruptions by taking medications during passing periods or other free time. We understand this will not always work so we will do our best to support class attendance and health.

Please let us know if you have any questions! If you have any concerns about your student's health, whereabouts or their use of our services please reach out.