

TUHSD Health & Nursing Services

DEBORAH MESHEL, RN, FNP

TUHSD Credentialed School Nurse

Mondays– Redwood

Wednesdays– Tamalpais

Fridays– Drake

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JESSICA ALEGRIA

TUHSD Health Specialist

Mondays & Fridays–

Tamalpais

Tuesdays & Wednesdays–
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Thursdays– Drake

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*Schedules are subject to minor changes for meetings and trainings

Dear TUHSD Community,

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.

Health & Nursing Services Available

Basic First Aid

Basic first aid to students who are injured or ill on campus. Examples include cuts and scrapes, minor sprains, and cold/flu symptoms

Recovery Room

Provide recovery room for students to rest for up to 15 minutes if they are ill or injured while at school

Emergency Medical Treatment

Administer emergency medications as needed such as Epi-Pen, Narcan & Glucagon to students. We do NOT stock emergency medication for asthma.*

Immunizations

Manage and maintain immunization records in accordance with California public health laws and California Education Code

Health Plans

Develop and implement health plans for students with chronic medical conditions to support school success

Medication Administration*

Administer medications for students with ongoing medical conditions who *must* take medicine *during* school hours. An “Authorization for Medication Administration” form signed by the physician *and* parent needs to be on file. No other medicine will be administered to the student.

*Pain Relievers: We do not keep stock Tylenol, Ibuprofen, or any other pain relieving medication on campus.

*We do not keep any stock albuterol or inhalers on campus. Any student with asthma needs to carry their own medication.

Accessing Health & Nursing Services

All students are welcome to use our health & nursing services. Students can drop-in any time during the day if they are feeling sick or have an urgent health issue. We have a firm policy of resting for up to **15 minutes** before returning to class or going home. If a student does not feel better after 15 minutes, then our staff will contact the caregiver for pick-up. **Important:** We cannot accept text messages to send students home– we have to verbally confirm with a caregiver.

If your student needs health and nursing services when the nurse/health specialist is not on campus, students will be directed to our Back-Up Health Specialist. Each school has a Back-Up Health Specialist position and a back-up to the back-up. Both Back-Up Health Specialists are trained by Deborah Meshel, RN, FNP.