



Tucson Unified School District
Sahuaro High School
545 N. Camino Seco
Tucson, Arizona 85710
520 731-7100
Fax 520-731-7101

2024-2025 School Year

Hello Cougar Families:

The Health Office is here to help your student be healthy and remain in school.
Please contact the Health Office if your student has one or more of the following:

- A severe allergy that must be treated with an Epi-Pen
- A chronic medical condition that may affect attendance as the Chronic Medical Certification form must be renewed with a physician's signature every year
- Must take prescribed medication during school hours
 - A permission form signed by the parent/guardian is required
 - The medication must be in the original container with the pharmacy label
- Has a special diet prescribed by a doctor
- Any significant medical or mental health condition that is important for the nurse to know to best care for your student at school.

All medical information is kept with strict confidence according to HIPAA and FERPA guidelines.

Add the Health Office phone numbers to your contact list so you will be able to identify our number when we call. **Nurse: 731-7117 Health Assistant: 731-7142**

Please update the Health Office if your phone number changes during the year. We rely on the information on the emergency contact information to reach parents/guardians when your student is sick or injured.

Students should not carry any medications at school, except for an Epi-Pen or asthma inhaler.
The Health Office DOES NOT SUPPLY, allergy, cold, or cough medications (including cough drops).

If your student becomes sick at school and needs to go home, the student must come to the Health Office to be evaluated by the nurse or health assistant. If your student needs or wants to go home we will contact you.

Encourage your student to eat breakfast or bring something to eat that is easily carried in their backpack and eaten between classes such as fruit, granola bars, string cheese, dry cereal, etc. This will help your student to avoid headaches and fatigue caused by the lack of food in the morning. Water bottles are encouraged as well, as we do not supply water bottles. Maintaining proper hydration will also prevent headache and fatigue during the school day.

If you have any questions or concerns, contact the Health Office at the number below. I will be available in the Health Office from 7:45 a.m. to 3:30 p.m. on Monday July 29th and Wednesday July 31st. During the school year I am available daily from 8:00 a.m. to 3:30 p.m. Once school starts the Health Office hours are 8:00 a.m. to 3:15 p.m.

All the best for a healthy school year,

Leyanne Miller-Hilden

School Nurse

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