



**Tucson Unified School District
Sahuaro High School**

545 N. Camino Seco
Tucson, Arizona 85710
520 731-7100
Fax 520-731-7101

Hello Cougar Families:

2026-2027 School year

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. Some Chronic medical condition forms are permanent; others need to be redone yearly. Please contact health office if you have any questions.
- 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 such as seizures, asthma and cardiac issues

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. Students with diabetes may carry their own supplies such as syringes, Glucagon, glucometer and insulin.

The Health Office only supplies Ibuprofen and acetaminophen (It does DOES NOT SUPPLY allergy, cold, cough medications including cough drops and throat spray or Tums).

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. Water bottles are encouraged as well, as we do not supply water bottles. Maintaining proper nutrition and hydration will prevent headaches and fatigue during the school day. We encourage females to bring an extra pair of clothes.

We encourage parents to sign up for SNAP Health Portal. If you do not have the original invite email, please contact the health office, or go to studentehr.com and reset your password.

If you have any questions or concerns, contact the Health Office at the number above. 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,

Leayanne Miller-Hilden, School Nurse

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