



STUDENT HEALTH

THE COVENANT SCHOOL

2025-2026



CONTACT INFORMATION

- School Nurse - Diane Beckham, RN, BSN

dbeckham@covenantdallas.com

Clinic: next to Covenant Hall

School Nurse cell phone: 469-493-1661

- save in your phone as "School Nurse"
- *new employees, please text me your name/role/room*

Hours: school hours only, 7:30am-4:00pm

- Athletic Trainer - Sophia Gutierrez

sgutierrez@covenantdallas.com

Athletic Training Room: Athletic Deck Room 1601

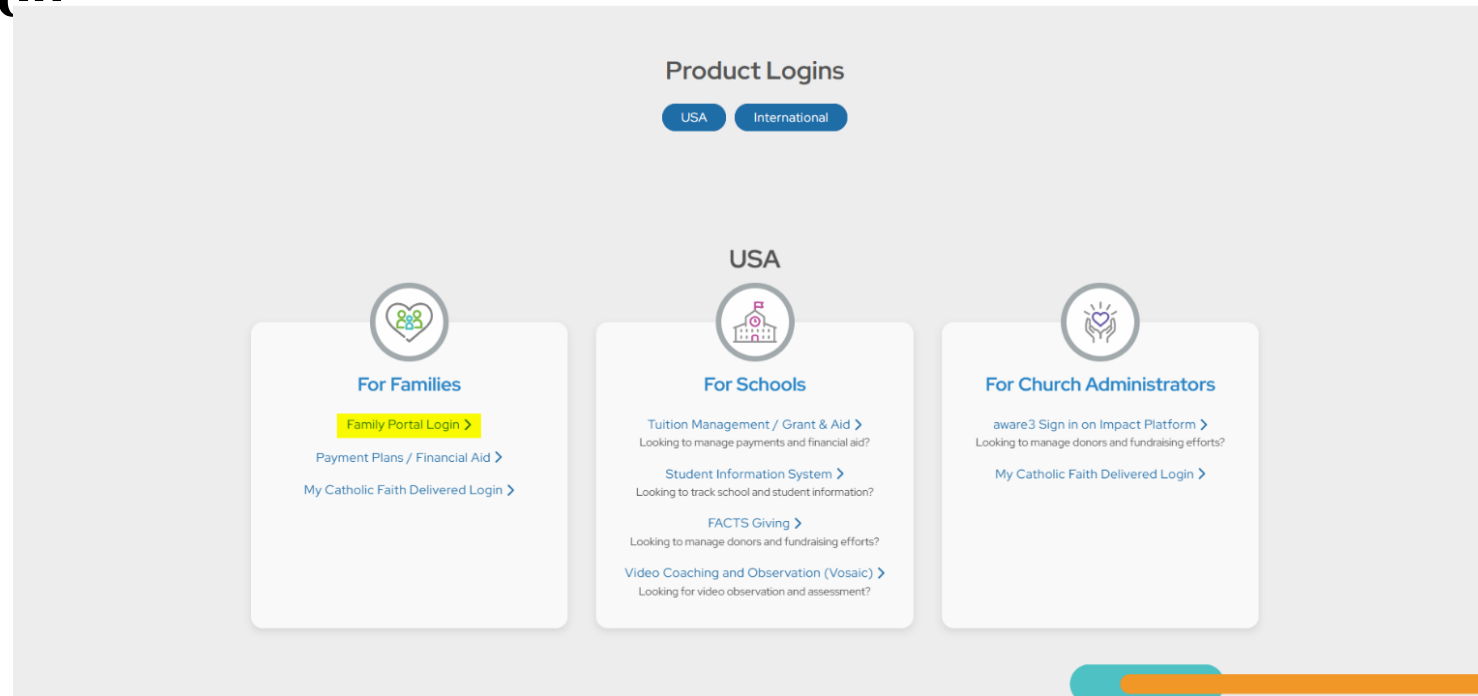
AT Room phone: 214-358-5818 ext. 4509

Hours: school days 2:00-6:00 pm, T/W/Th 6:30-8:00 am, M/F appt only



FACULTY/STAFF HEALTH

- ❑ Make sure your emergency contact is up to date in ExponentHR
- ❑ ***NEW*** Medical form in FACTS for sharing any personal conditions
<https://factsmgt.com/login/> > Staff > WebForms > Staff Medical Information





HEALTH PRIVACY

“Covenant will maintain appropriate administrative, technical, and physical safeguards to protect the security of all health-related information within its care or custody. Thus, parents and students consent to allow employees and agents of The School, *who have a need to know*, to receive or share medical or psychological information necessary to serve the best interests of the student or community.”

-Parent

Student Handbook

- **Medical Conditions spreadsheet (Grammar/Logic/Rhetoric)**
- **Action Plans (Allergy/Asthma/Seizure)**
- **FACTS:**
 - **Classroom > Dashboard (student conditions in upper left corner)**
 - **Teacher Login screen - Medical Alert popups (can dismiss or keep)**




HEALTH PRIVACY

[Home](#)

PremierThe Covenant School - Logic2025-2026 | Semester 1


Webinars

Upcoming Webinars



Fall Admissions Refresher Trainings

with Specialists Robin Parrish & Tracy Smith



Fall Admissions Refresher Trainings
Led by Admissions Specialists Robin Parrish and Tracy Smith, each 45 minute session in this four part series is packed with practical tips, best practices, and time-saving strategies! Offered on Tuesdays throughout September and October.

[Register Today](#)

SIS Best Practices for Progression
Join Sales Specialist Andrew Cohen as he walks you through how to seamlessly move your SIS database from one school year to the next.

[Watch On-Demand](#)

Alert

Beckham, Noah Amsler

Allergy - fire ants
hives, give Benadryl

[I have read this alert](#)

Close



RESOURCES

Teacher Kits: band aids, tooth boxes, cotton rolls, gauze, gloves, hydrocortisone

no cough drops or antibiotic cream

CPR Training

- **Friday, August 15 and Monday, August 18 in The Commons**
- **Check PD schedule email for CPR class assignment**
- **Digital CPR card will be emailed to work email, must click link to download card, valid for 2 years**



AED & Bleed Kit Locations: Map

this symbol on Fire Evacuation

- **Admin East hallway**
- **GDW(outside offices)**
- **GDE (1st grade deck)**
- **Logic Hall (1st floor elevator)**
- **Rhetoric Hall (3rd floor elevator)**



HOW TO CONTACT THE NURSE

Grammar Teachers

- Text School Nurse cell phone
- I will come to your student or give instructions for sending student
- Recess - bandaids/ice bags in Covenant Hall, call for emergency

Logic & Rhetoric Teachers

- Send students to division front office
- Division Coordinator will text School Nurse cell phone & send students
- Instruct students to check in with Admin Front Desk if clinic not open

Substitutes

- Copy of Medical Condition sheet & School Nurse cell phone to call

All students must go through the clinic to be sent home if sick



WHEN TO CONTACT THE NURSE

Call for me to come to you:

- **Blood (severe)**
“Burning Up”
- **Breathing**
“fide”
- **Bee sting (allergy)**
allergy)
- **Broken bone**
- **Brain (seizure/concussion)**
- **Barf/Bowels**

Okay to send to clinic:

- **Burns/**
- **“Bona**
- **Bee sting (no**

All other complaints wait to see if complaint resolves.

***When in doubt, don't send a student alone (call or send w/friend)**



SUICIDAL IDEATION

Columbia Suicide Severity Rating Scale (CSSRS):

1. Have you wished you were dead or could go to sleep and not wake up?
2. Have you had any thoughts of killing yourself?

On campus

- ☐ Stay with the student!
- ☐ Notify School Nurse and Division Head as soon as possible

Off campus

- ☐ Keep contact with the student
- ☐ Call 911
- ☐ Contact parents, Division Head, and School Nurse

If a student reveals the intent to harm self or others, the teacher must reveal that information even if a promise of confidentiality has been given



MEDICAL EMERGENCIES

- ☐ Assess situation and determine need
- ☐ Call 911:
 - unconscious - not breathing
- ☐ Call School Nurse cell phone
- ☐ Retrieve emergency equipment (AED/Bleed kit/emergency med)
- ☐ Begin CPR and First Aid



OPIOID OVERDOSE



How to Intervene

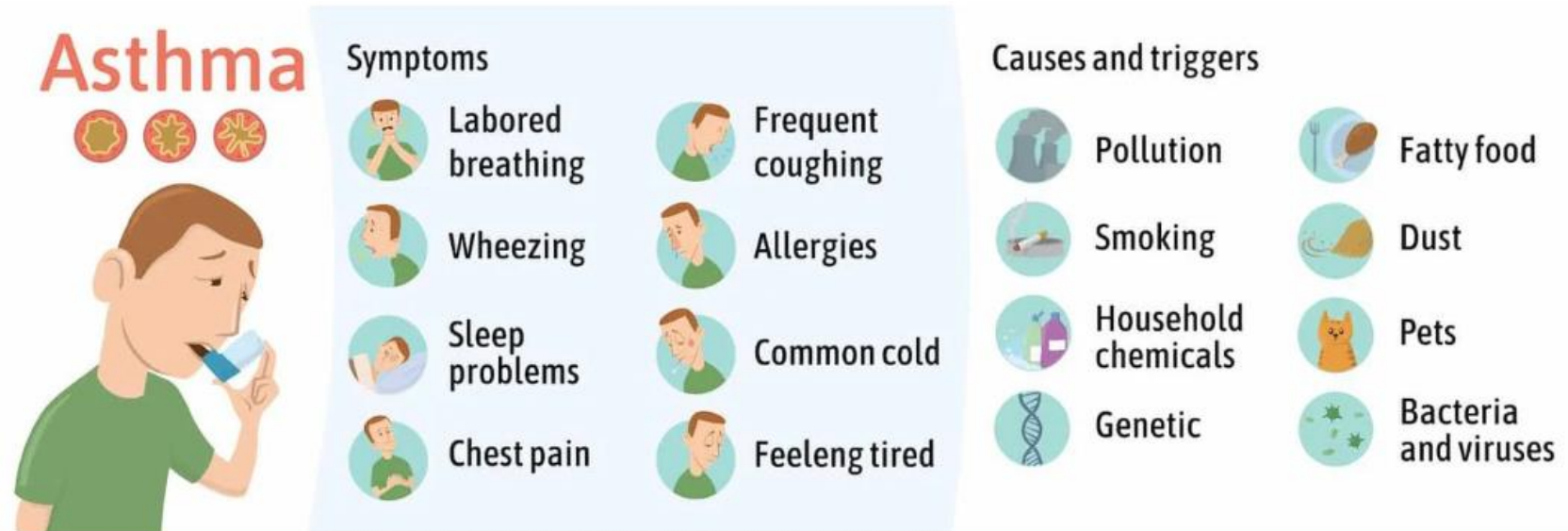
- ☐ Call 911, retrieve AED, begin CPR as needed
- ☐ Administer Narcan
- ☐ Call School Nurse cell phone

Narcan locations & disposal

- AED/Epi box: Admin hall, GDW hall, Logic 1st floor, Rhetoric 1st & 3rd floor, CLC
- make sure to wear gloves
- give to School Nurse or EMS to dispose as biohazard/infectious waste



ASTHMA



How to Intervene

- ☐ Call School Nurse cell phone
- ☐ Keep student calm
- ☐ Have student sit up and take slow, deep breaths
- ☐ Do NOT send student to clinic if having trouble breathing!

*Logic/Rhetoric students can keep inhalers in their backpacks if approved by parent/nurse.
Please notify nurse if Grammar student has inhaler.*



SEVERE ALLERGIES

| 1 st level reaction | 2 nd level reaction |
|---|--------------------------------|
| Swelling, hives, rash, itching | Swelling of eyes, lips, throat |
| Sneezing, wheezing, runny nose, watery eyes | Nausea/vomiting |
| Tingling of lips, throat, nose | Lethargy, fainting |



How to Intervene

- ☐ Call School Nurse cell phone
- ☐ Administer EpiPen, if available
- ☐ Call 911 if off campus (field trip)
- ☐ Do NOT send student to clinic if having trouble breathing!



EpiPen locations & disposal: Stock EpiPens with Nurse

- Admin East hallway (E-3)
- Grammar Deck West hallway (4-5)
- Logic (behind front desk)
- Rhetoric (1st floor workroom)



GRAMMAR FOOD POLICY

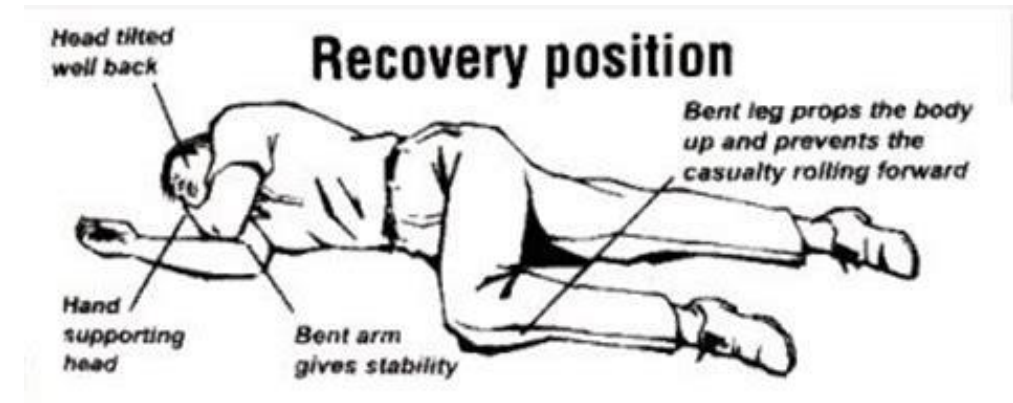
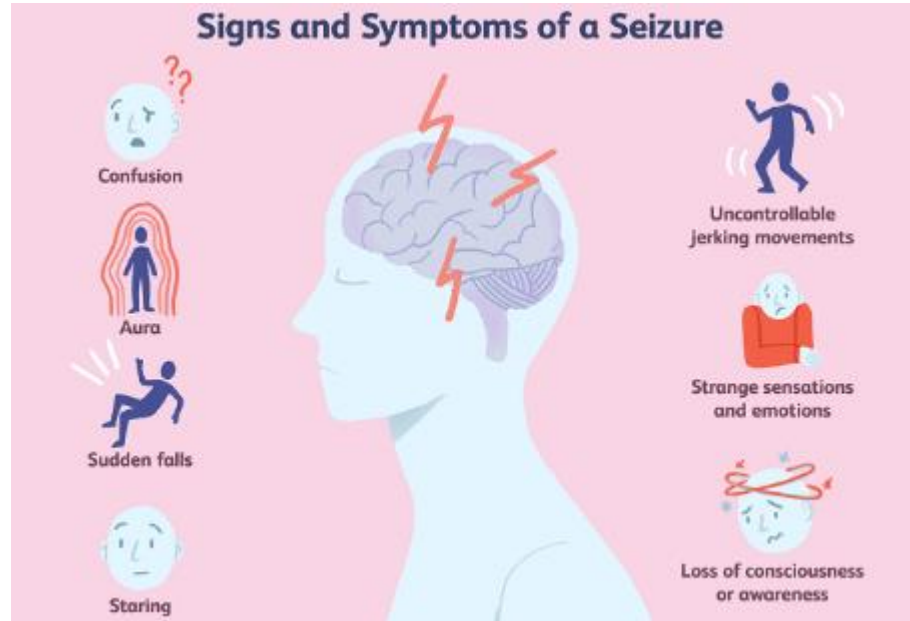
“Grammar students are not allowed to share food. Parents may bring outside food for the whole class to share on birthdays and when directed by the teacher for specific class projects, but the parent bringing the outside food must let the teacher know at least 48 hours in advance. The teacher will notify parents of allergy students about any outside food, allowing time for them to reply that food is acceptable or to send a treat of their own with the student for that day. Parents of students with severe allergies are encouraged to provide approved, non-perishable snacks to store with the teacher for unexpected situations.”

- Parent Student Handbook

- **Plan to talk to allergy student parents at Open Campus re: keeping non-perishable snacks**



SEIZURES

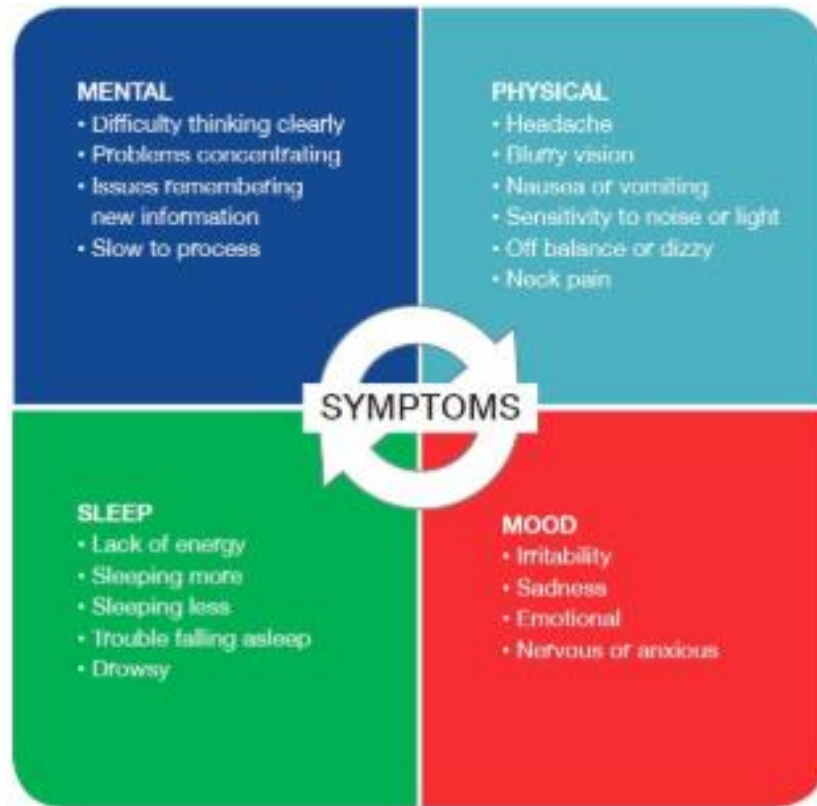


How to Intervene

- ☐ Call School Nurse cell phone
- ☐ Stay calm & ensure safety
- ☐ **Note the time (start and end)**
- ☐ School Nurse will give instructions for if/when to call 911



CONCUSSIONS



How to Intervene

- ☐ Suspected concussions should not be ignored
- ☐ Accompany the student to the Clinic or call the Nurse or Athletic Trainer for evaluation



CONCUSSIONS

Communication regarding Concussions:

- If an athlete is diagnosed by a physician with a concussion, the Athletic Trainer will contact all of that student's teachers through FACTS to make them aware of any accommodations that may be necessary.
- Accommodations are to stay in place until a physician directs their release

• Return to Learn

List of additional accommodations:

- Allow additional rest breaks as needed
- Allow extended deadlines and extra time for all assignments and tests/quizzes
- Allow early access to class notes and class work to be provided by the teacher
- Allow all work to be completed on paper and change setting on computer screen
- Allow student to retake any test or quiz completed after 4/13/25 due to injury
- Please meet with student and parent to develop a reasonable plan for make up work to include extended deadlines and **elimination of non-essential assignments.**

MAXIMAL SUPPORT

- ✓ No quizzes/tests/assessments
- ✓ 50% of expected homework
- ✓ 2-3 scheduled rest breaks as needed (parent's office or athlete's training room)
- ✓ Search in a quiet place
- ✓ Reduce screen exposure by 50%, pre-printed notes

MODERATE SUPPORT

- ✓ Gradually start quizzes/tests (1/die) - extra time, test in quiet room, additional accommodations as listed
- ✓ 75% of expected homework
- ✓ 1-2 scheduled rest breaks as needed
- ✓ Reduce screen exposure by 25%, pre-printed notes
- ✓ Attend all classes unless otherwise noted above

MINIMAL SUPPORT

- ✓ Tests with extra time
- ✓ 100% of expected homework, with extra time if needed
- ✓ Attend all classes, including music/activities
- ✓ 0-1 rest breaks if needed

• Return to Play

| Return to Play Progression | |
|---|---|
| STAGE 1: LIMITED ACTIVITY DURATION: 24-36 hours CRITERIA: none met ✓ Walking at a light pace (no walk and run intervals) ✓ Sitting or stationary bike with no resistance ✓ Drinking ✓ No contact with anyone, no strenuous activities | |
| STAGE 2: LIGHT AEROBIC EXERCISE DURATION: 36-48 hours CRITERIA: all met ✓ Walking at a light pace (no walk and run intervals) ✓ Running at a light pace ✓ Stationary bike with moderate resistance ✓ No contact with anyone, no strenuous activities | ✓ Swimming ✓ 20-30 min (no walk and run intervals) bike ride |
| STAGE 3: SPORT SPECIFIC EXERCISE DURATION: 48-60 hours CRITERIA: all met ✓ Walking at a light pace ✓ Running at a light pace ✓ Stationary bike with moderate resistance ✓ No contact with anyone, no strenuous activities | ✓ Non-contact sport-specific drills (e.g. 10-15 min) ✓ 20-30 min (no walk and run intervals) bike ride |
| STAGE 4: NON-CONTACT TRAINING DURATION: 60-66 hours CRITERIA: all met ✓ Walking at a light pace ✓ Running at a light pace ✓ Stationary bike with high resistance ✓ No contact with anyone | ✓ Swimming, high intensity drills ✓ Contact training drills ✓ Non-contact training (light weight, high speed) |
| STAGE 5: FULL CONTACT PRACTICE, CONTROLLING DURATION: 66-72 hours CRITERIA: all met ✓ Participate in limited training (non-contact activities) ✓ Controlled, sport-specific contact drills ✓ Supervised scrimmage and game simulation | |
| STAGE 6: RETURN TO PLAY DURATION: 72-78 hours CRITERIA: all met ✓ Participate in full, controlled contact training (game simulation) | |



ILLNESS POLICY

“According to the Texas Department of State Health Services (DSHS), the following illnesses require exclusion from school:

- **Fever of $\geq 100.0^{\circ}\text{F}$**
- **Vomiting**
- **Diarrhea > 3 times**
- **Any draining wound that cannot be contained with a bandage**
- **Suspicion of a communicable disease (pink eye, strep throat, chicken pox, measles/mumps/rubella, meningitis, mono, whooping cough, tuberculosis, typhoid or scabies)**

A student who has been ill may not return to class until he or she has been free of the above symptoms (without fever-reducing medications) for 24 hours. In the case of pink eye or strep throat, students must receive prescribed medication for 24 hours before returning to school.”

-Parent Student Handbook



MEDICATION POLICY

“Students are not allowed to self-administer medication of any kind, with the exception of a prescribed epinephrine or inhaler. In these cases, self-administration must be authorized by the School Nurse and permission documented by the parents on the Allergy and/or Asthma Action Plan(s). ”

-Parent Student Handbook

- **Inhalers and EpiPens allowed for self-carry in Logic/Rhetoric only**

Please send student to clinic if you see them taking medication at school!



HEALTH SCREENINGS

The State of Texas requires the following health screenings:

- **Hearing and vision for students in Kindergarten, 1st, 3rd, 5th, 7th grade and all new students.**
- **Spinal screenings for 5th & 7th grade girls and 8th grade boys**

Screenings will be conducted:

- **September 8-12 and 15-19**
- **During PE & Athletics (or Study Hall for outside sports students)**

If you suspect a problem with hearing or vision in class, I'm happy to screen the student. Just email me and we will setup a time that works best for you.



FIELD TRIPS & OVERNIGHT TRIPS

Field Trips:

- I will bring a field trip bag to the Team Lead before you leave campus
- Includes - Medical Conditions sheet, emergency meds, first aid supplies

Overnight Trips:

- Confirm dates with School Nurse
- Trip Coordinator should share Consent Form with parents:
<https://covenantdallas.com/learn/overnight-trip-consent-form>
- School Nurse will provide Trip Coordinator with:
 - First Aid kit
 - Binder with consent forms, allergy list, medication forms
 - OTC medications
 - Rx medications provided by parents



STUDENT HEALTH

QUESTIONS