



Gladewater ISD Health Services

Protocol for Pregnant Teens in School

The Gladewater ISD will promote a safe and healthy environment conducive to learning with encouragement of continued attendance from the beginning of pregnancy to parenthood, with emphasis on academics as well as the physiology of the students' condition.

Purpose: To decrease school drop out during /after pregnancy.

Goal:

- Encourage attendance
- To promote safety at school
- To promote good health for mother / baby
- To help provide educational transition from pregnancy to parenthood.
- To continue academic achievement during transitional period

I. Student must bring Confirmation of Pregnancy

II. Parent / Guardian Awareness (View graph of Parent Knowledge)

III. Health Clinic Visits

A. Education:

- Attendance will be encouraged by educating the student that this is a condition not an illness.
- Educating student of normal side effects of pregnancy; nausea / vomiting, breast soreness, lethargy and pressure to lower abdomen in later stages of pregnancy, back discomfort and Braxton Hick's contractions.

B. Safety at School – If there is consistent tardiness, extra time may be required between classes as pregnancy progresses.

- A note from the physician will be required for any adjustment on limitations.
- A note from the physician will be required for elevator use before the 36th week of pregnancy and only if complications of pregnancy arise.

C. Promote Health for Mother / Baby

- Provide list of clinics
- Provide educational material on physiologic changes
- Encourage the importance of keeping scheduled appointments with physicians and school health clinics.
- Encourage monthly visits to school Health Clinic on first Monday of every month or following day (holiday purposes)
- Frequent bathroom usage as pregnancy progresses will be allowed.



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- Encourage health snacks: Dependent upon permission from individual teachers, healthy snacks will be permitted in class as needed. I.e. Water, granola bars, breakfast, bars, fruit, cheese, crackers
 - Encourage attendance of parenting classes given through GHS
- D. Continued Academic Achievement during Transitional Period
- At any time during the pregnancy the student, parent, nurse and counselor can meet to discuss continuing education needs due to complications. A note from the physician will be required to begin limitations and before returning to campus.