

KPS CONNECTION



HEALTH SERVICES

OCTOBER 2025 VOLUME 2



KPS Health Services team is proud to serve the Kentwood Community!



Our team is comprised of 10 Nurses and 18 Health Aides

SLEEP

Adequate sleep is vital for student success at school.

The American Academy of Pediatrics recommends students get a minimum of 8 hours of sleep, with a recommended average of 10 hours a night.

Ways to promote adequate sleep

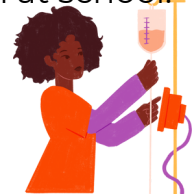
1. Create a routine
2. Avoid screens
3. Read a book or listen to calming music
4. Create a comfortable environment

Being active during the day also helps promote good sleep at night



MEDICATIONS AT SCHOOL

Friendly reminder, that all medications - prescription, non-prescription, herbal, and supplement-medication need a medication consent filled out by parent and medical provider in order to be given at school. This is in compliance with MDE (Michigan Department of Education) model policy for medication administration at school.



You can find a copy of the medication consent on the [KPS Health Services webpage](#)

October is Sudden Cardiac Awareness month!

KPS is committed to cardiac preparedness. 11 of our schools are MiHeart Safe Certified, and we are continuing to work towards becoming a MiHeart Safe Certified district!

DISTRICT NURSE COORDINATOR AND DISTRICT NURSES



Health Services

