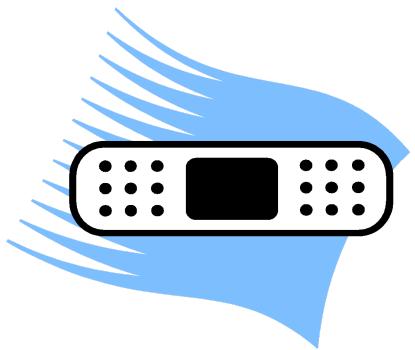


Parent Handbook

On

School Health



School Health Office Procedures

The Health Office is eager to cooperate with you to be sure your child is healthy and ready to learn. This packet is to provide important information and paperwork with the activities and services of the Health Office.

Health Appraisal (physical exam): Education Law requires that every child have a health appraisal (physical exam) upon entrance to school in **grades K, 1, 3, 5, 7 and 11**. All new entrants to the district are also required to have a physical on file. Please send a copy in as soon as you are able. If you are financially or otherwise unable to have your family physician perform the exam, the school physician will perform an exam usually during the winter months.

As per recent changes to New York State Law, when we require that your child have a physical examination, we will be requesting a dental certificate as well. There is a form available for you to take to your child's dentist and, once it is completed, it should be returned to the School Nurse as it will be filed in your child's Cumulative Health Record. **The completion of a dental certificate is a request, not a requirement.**

Attendance: When a child is going to be absent or late, please use the **Online Attendance form for your child's school**. This should be done **each day** your child will be out. If you do not use the Attendance Form online, the office will attempt to contact a family member at home or at work to determine the reason for their absence. If no reason for the absence is given, your child will be marked illegally absent until legal reason for absence is given.

Please notify the Health Office, 518-399-9141 if your child has a serious and/or contagious condition.

Medications: Medication can be administered by the school nurse under the following guidelines:

- 1) With written permission from the doctor and the parent/guardian.
- 2) The medication must be brought to school by an adult; **a child cannot transport medication back and forth to school.**
- 3) The medication must be in the original properly labeled container. The correct name, pill and dose must be on the medication.

Students are expected to attend school everyday, however the possibility that they will get sick during the year is always present. Illnesses can be lengthy, and many times difficult to decide whether or not to send your child to school. The following guidelines may be helpful in making the decision. (Refer to chart on the last page of this as well)

A student should not attend school if they have:

- a fever (100° or greater) is present, has had one in the past 24 hour period, or if medication was administered to lower an abnormal temperature.
- a cold with persistent heavy nasal discharge.
- a persistent uncontrollable cough.
- a very painful sore throat or a sore throat lasting longer than 24-48 hours and is getting worse.
- vomiting that occurs before school or student has vomited in the last 24 hours.
- an unidentified rash.
- a general feeling of not being well.

The role of the school nurse is to assess a student's condition through objective and subjective data in order to make appropriate decisions/ recommendations to parents and guardians about illnesses and injuries which occur **during the school day**.

Please do not send students into school to be diagnosed. The risk of spreading illness is detrimental to the staff and students in the building. During important exams, this information is very important. Please, do not send sick students to school to take these exams. ALL exams can be made up when the student is healthy and able to come to school. If a child takes these exams when not feeling well, it could impact on their ability to do their best.

If you have any further questions, please do not hesitate to contact the health office at your child's school.

***** If your child is on medication at home which may have an impact on his/her performance or wellness at school, please notify the Health Office.**

Emergency Information Forms:(K-5) Emergency information cards will be provided from the Main Office. These forms will be used by both the office and the health office. Please review both sides of the form, fill out the health section, sign, and send it back to school as soon as possible. It is very important to update any information related to your child's health, limitations, allergies, medications, etc. in this form and throughout the school year. If there is a confidential issue that you do not want to place on this form but want the nurse to know, please call the nurse directly. *This is very IMPORTANT to complete each year.*

***** If changes in any contact or health information occur during the school year, please call the office as soon as possible after the change occurs.**

Screenings: . Per State Education Law, hearing and vision screenings are done for new entrants and students in kindergarten, 1st, 3rd, 5th, 7th and 11th grades. Vision and hearing screenings can be performed as needed for any student whose parent and/or teacher have any concerns.

All girls in 5th and 7th grade and boys in 9th grade, will have scoliosis screening performed during the school year unless they have been screened privately. A note will go home to notify you when the scoliosis screening will be performed so your child can be prepared with proper clothing during this time. Please obtain a written note from your private **physician** if you would like your child to be excluded from scoliosis screening. A referral for any of the screenings will be sent home to parents/guardians for students who require follow up with their private physicians.

Gym Excuses: If your child has had an injury or an illness that you feel may hinder his/her ability to participate in Physical Education, you should request in writing that the child be excused. A doctor's note is required for a student to be excused for more than a week. ***** Please note that a student who is excused from Physical Education is also restricted from recess.**

Clothing (K-5): Due to sanitary reasons, the health office will no longer be giving out clothes for children who are in need because of accidents or spills. It is very important that there is an extra pair of labeled clothes in the bottom of your child's backpack. Otherwise, you will be called to bring in an extra pair of clothes.

Injuries/Illnesses: If your child sustains an injury at home, please do not send them to school for a diagnosis and/or treatment of this injury. Only your physician can diagnose and make referrals for additional care.

If your child is ill and has undiagnosed symptoms, *please do not send them to school to be diagnosed.* Students who become ill at school are assessed and parents are given recommendations in regards to the need for further medical care, based on the symptoms presenting. Please, look at the school illness guide in this packet for any further questions.

Thank you for all of your support and cooperation. Please keep this near your school calendar for future reference. Do not hesitate to call the Health Office if questions or problems should arise. (Please see the chart below as well)

Parent's Guide to Communicable Diseases

In order to provide safeguards for the health of all of our students, the school nurse has the responsibility and obligation to inquire about the potential communicable diseases occurring with the students. Below are guidelines approved by Dr. Sipperly, our school physician, for excluding students with communicable diseases from school.

Fevers (temp of 100* or greater) **MUST** be absent at least 24 hours without the use of motrin/tylenol. Please **do not** send your student to school if you have given them motrin/tylenol for their temperature. When doing so, you are exposing staff and students to unnecessary germs.

*****Please notify the nurse of any doctor confirmed flu, covid-19, strep, pink eye, mono, coxsackie virus, or fifth disease. If a student has any of these illnesses a notice will be sent out to the class to make parents aware that it is in the classroom. *****

<u>DISEASE</u>	<u>CHILD TO BE EXCUSED FROM SCHOOL UNTIL</u>
Bronchitis/Cold, Pneumonia	- absence of fever for 24 hours - controlled cough.
Chickenpox	- all lesions are crusted over (approx. 7-10 from eruption).
Conjunctivitis (Pink Eye)	- 24 hours of antibiotic treatment or physician's note saying that the cause is allergic.
Illness with fever	- absence of fever for 24 hours.
Gastroenteritis	- absence of fever, vomiting or diarrhea for 24 hours
Hepatitis	- note from personal physician.
Impetigo	- 24 hours of antibiotic treatment.
Mononucleosis	- absence of fever and permission to return to school from physician.
Ringworm	- no exclusion from school, contact your physician.
Scabies	- after one treatment with appropriate medication.
Strep Throat	- after 24 hours of antibiotics and absence of fever.
Covid	Please follow current CDC recommendations