



Holy Trinity Interparochial School Westfield & Mountainside, NJ

HEALTH BULLETIN TO PARENTS

Good Health is basic to sound education and productive living. Children are unable to focus or learn if they are not feeling well.

Ways to Promote a Healthy Environment for Students and Staff

- Children should be dressed appropriately for the season and specific weather.
- Parents/guardians should feel free to contact the school nurse during posted office hours, regarding any health concerns for their children.
- **Always keep your child home if an elevated temperature is present.** A child should be fever free for 24 hours (without the use of Tylenol or Motrin) before returning to school. Many children get “rebound” fevers after medication is stopped.
- If a child is diagnosed with **Step throat, Scarlet fever, Pink Eye or Impetigo** the child may return to school after 24 hours of antibiotic therapy. A doctor's note is required.
- In the event your child is vomiting or has diarrhea during the evening or night hours it is best to **keep the child home until 24 hours after the last episode.** A child should be able to eat a meal without vomiting, before returning to school.
- Please notify the school nurse if your child develops a **communicable disease** (strep throat, chicken pox, fifth disease, head lice, impetigo, ringworm, scarlet fever, pink eye, etc.). Fractures and sprains should be reported as well.
- Children with **Chicken pox (Varicella)** can return to school after all sores have crusted over and completely dried. Usually about 7-10 days after rash begins.
- When it is determined that a student should be sent home as a result of illness or injury, a parent/guardian will be notified and asked to come pick up the child from school. The parent/guardian must sign the student out from the school's main office. The student can be released by the school office to someone other than the parent if that person has been designated on the emergency card.
- Please make sure to notify the nurse's office of any change in phone numbers for work, home or cell phone to assist us in being able to reach you in a timely manner, should your child be ill or injured. **IT IS VERY IMPORTANT THAT WE BE ABLE TO CONTACT YOU IN THE EVENT OF AN EMERGENCY.**
- It is important to let the nurse know if your child is receiving any medications, or is under a physician's care for a psychological or medical condition or injury. This information is helpful in determining the best course of action, should the parent be unavailable. **Medical information is always kept confidential, unless otherwise instructed by the parent/guardian.**

- If your child receives any booster vaccines, it should be reported to the health office via doctor's note stating the type of immunization received and the date administered. It is important to keep the student's Permanent Health Record current. Please notify the health office of any recent injury and/or surgical procedure as well.

Absenteeism

Student absenteeism due to illness must be reported immediately to the attending school. When phoning the school, please report the reason for absence (ex. fever, vomiting, diarrhea).

A note from the parent/guardian stating reason for absence must be sent to the school office when the child returns.

Please report any accidents or injuries that occur at school to the school nurse and/or the main office on the day they occur and before the child is dismissed from school.

Gym Excuses

If it is necessary to have your child excused from gym class for a day or two due to sprains, injuries, etc., please send in a separate gym excuse note. If, for any other reason, your child must be restricted from activity in physical education, a doctor's note is necessary. The doctor's note must include:

1. The reason for the restriction
2. The appropriate length of time the child is to be restricted.

If a student is excused from gym class, he/she should stay indoors for recess.

Health Screenings

Students are screened for evidence of visual or hearing impairment according to NJ State guidelines. Referrals for further evaluation by a physician will be sent home if necessary.

Vision Screening is performed in grades K, 2, 4, 6 & 8.

Hearing Screening is performed in grades K, 1, 2, 3, & 7.

Height and Weight: Each student's height and weight are taken and recorded annually. Referrals for follow-up with child's physician may be made based on height/weight above the 95th percentile or below the 5th percentile.

Scoliosis (curvature of the spine) Screening is performed on students in grades 4, 6 & 8. Parents will be notified if further evaluation is needed.

Any parent who wishes to "opt out" of any of the above screenings may do so by notifying the school nurse in writing.

MEDICATIONS

A parent or guardian should bring any medication, which a child **must** take during school hours, to the nurse's office in its original container.

A physician note, along with a signed authorization by the Parent/Guardian, must accompany the medication.

The physician note/order should clearly state:

1. What the medication is.
2. When and how often the medication is to be given.
3. Reason for which the medication is being taken and length of time to be given.

DO NOT SEND ANY MEDICATION TO SCHOOL WITH YOUR CHILD IN AN ENVELOPE, BAGGIE OR ANY OTHER CONTAINER. ONLY THE ORIGINAL PHARMACY LABELED CONTAINER IS ACCEPTABLE.

All medications are to be administered in the nurse's office. The school nurse **can not** administer and no student is allowed to take any medication (prescription or over the counter) in school without a doctor's note and parent/guardian written consent. This includes any over the counter medication (e.g., Tylenol, cough medicine, allergy medication, cough drops, nose drops, ointments, etc.).

Any student who carries medication (prescription or OTC) without the proper documentation is in violation of school policy and their parent/guardian will be notified. This includes: asthma inhalers, Ibuprofen, vitamins, eye-drops, ADD/ADHD medication, cough drops etc.

If it becomes necessary for medication to be administered in school and there is not proper documentation – a parent/guardian will be called to school to administer the medication.

No child will be allowed to take any medication in school, without a doctor's note.

Routine administration of over the counter medication is discouraged unless absolutely necessary.