

Incoming 6th grade families:

Hello and welcome to Sandburg! We look forward to meeting you and your child. Sandburg is a great school, and we assure you they will enjoy their time here with us. As your child's new middle school nurses, we wanted to introduce ourselves and provide you with necessary middle school health office information.

Nurses: Stacy Ritz and Courtney Zapanta

Phone number: 732-360-4444

Fax: 732-607-6371

Email: CSMSnurses@obps.org

Twitter: @sandburgnurse

Immunizations

As mandated by state law, Tdap and Meningococcal vaccines are required for school attendance for any child ages 11 or older. Please contact your pediatrician to schedule this if you have not already and please submit proof by July 15th to csmsnurses@obps.org.

Sports Physicals

The state of NJ (New Jersey) (New Jersey Department of Education 2014; Pursuant to P.L.2013, c.71) requires a physical for participation on a school athletics team. The physical is valid for 365 days only. Sports physicals for fall sports are due by 7/15/22. All sports physicals should be dropped off at the central administration building located at 4207 Route 516. Matawan, **NJ** 07747. We have a box in the vestibule labeled sports physicals (it is on the left-hand side). **Sports physicals are needed yearly**

Attendance:

In middle school we have an attendance office. Our attendance officer is Mrs. Nrupa Patel; her phone number is 732-360-4400. Her email address is npatel@obps.org. All attendance-related concerns should be addressed to her. If your child has COVID or COVID related symptoms, please notify both the attendance officer and the school nurses.

Guidelines for Keeping Children at Home:

- If your child has a fever (100 degrees or higher), they should be kept home until 24 hours fever free without the use of Tylenol/Motrin.
- If your child experiences diarrhea or vomiting, they should be kept home until they have been able to keep down full meals and have no diarrhea or vomiting for 24 hours.

- Strep throat Students must be on medication for 24 hours before returning to school and must provide a doctor's note to return.
- If your child is exhibiting COVID symptoms please keep them at home and call the school nurse for further direction.

Medication:

Per the district medication policy, all prescription, and over-the-counter medications, including cough drops, need a doctor's order. In addition, medication must be brought into school by a parent. Children are not allowed to bring any medications to school. We must have both the medication and the doctor's order to be valid. All orders must be dated after 7/1/22 to be valid for the 22/23 school year. Medications will not be accepted without an order, and an order will not be accepted without the medication. If your child has an inhaler, a spacer will be needed to use the inhaler in school.

Any necessary medication paperwork can be found on the district health office website located at <https://www.oldbridgeadmin.org/o/obhs/documents/health-office/general-documents/163635>. Please copy and paste the link into your browser.

Crutches

If your child injures themselves and needs crutches, we need a doctor's note. Your child cannot use crutches or any mobility devices in school without a doctor's order.

Emergency Contacts:

Emergency contacts should be entered via the parent portal. Please be sure the phone numbers listed are accurate. If there are any changes through the school year, please update the parent portal. If you have any questions regarding this, please contact the main office. In addition, please plan for someone local to pick up your child if your child needs an alternate pick up or you cannot be reached. Sick students must be picked up in a timely fashion. Children will not be released to anyone not listed on the parent portal.

Allergies:

If you have not already, please let the health office know of any allergies your child has. Peanut allergies do exist in our school. As a precaution, we have an allergy friendly table during each lunch period for any child who does not feel comfortable sitting at the general tables. If your child has an allergy and needs to sit at the designated table, they are welcome to. They are free to bring a friend with them who also has an allergy friendly lunch. Keep in mind that this is for the safety of the children. Our café does not serve peanut products.

Physical Education Class:

Physical education class is an important part of your child's education. If your child is injured and cannot participate in gym for more than two (2) consecutive days, a doctor's note is required. Less than two (2) days, we can take a parent note. If a child is excused from gym, they will not be participating in sports. NO gym ALWAYS means no sport, and no exceptions to the rule. Your child is allowed 3 parent notes per marking period before it affects their grade. If you have any questions, please reach out to our physical education teachers.

Clothing:

Please provide your child with an extra change of clothes and undergarments that can be left in their locker.

Water

Please ensure your child has a full water bottle each day and extra water for warm days.

Females:

Please be sure to pack your child's feminine hygiene products so that they can leave a supply in their locker.

Your Child's Health:

If at any time there is a change in your child's health or you feel something needs to be updated in their medical record, please inform us. Feel free to contact us at any time with questions or concerns.

Thank you for your anticipated cooperation and assistance in keeping our children healthy and safe!

Welcome to Sandburg! We look forward to a great 2022-2023 school year!

Thank you,

Stacy Ritz RN, MSN, CSN

Courtney Zapanta RN, BSN, CSN