

# STOUGHTON PUBLIC SCHOOLS

31 PIERCE STREET  
STOUGHTON, MA 02072

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SUPERVISOR OF HEALTH SERVICES

September 1, 2022

Dear Parents/Guardians,

The SPS RN Team would like to welcome you back to school, we hope you all had a wonderful and restful summer.

I would like to take this opportunity to remind you of some of Stoughton Public Schools' policies and procedures that are important for the health and safety of your children.

The school nurse must act under Massachusetts State regulations in instances of providing treatments, administering medications, collection of medical documentation, and medical exclusions of students. Please inform your school nurse of any medical condition, medical treatment, or medication that your child may need during the school day as she can instruct you on any necessary documentation needed.

Physical examinations are required for all students entering Grades PK, K, 4, 7, 11 and before any team sports program (at the High School). Please forward a copy of your child's physical exam form when it is provided by your physician's office.

Any immunization exemption(s) need documentation annually. Please contact your school nurse to ensure proper documentation is received.

Annual health screenings are performed in accordance with Massachusetts General Law and parent notification occurs for any results needing additional follow up. Hearing screenings will be done for students in grades K-3, 8 and 10; and vision screenings will be done for students in grades K-5, 8 and 10. All students in grades 5,6,8 and 9 will be screened for scoliosis. As grade 7 students are required to submit a physical form to the school nurse, please ensure documentation of a scoliosis screen done by their own physician is included. All students in grades 1, 4, 7, and 10 will have their height, weight and BMI percentage done. The SBIRT (Screening, Brief Intervention and Referral to Treatment) screening will be conducted for all 8th and 10th grade students and a separate letter to explain this mandated screening will be sent home to those grade level students. If you would prefer that your child not participate in any of these screenings, please send in a signed and dated letter identifying the screenings for which you want exemption.

Massachusetts General Law requires that all residents have health insurance. If you need information about health insurance, please contact your school nurse. You can also visit [www.mass.gov/masshealth](http://www.mass.gov/masshealth) or call 1-800-841-2900.

Please provide the school with up to date emergency contact information, ensuring that any emergency contact listed is available to pick up your child during the school day if a dismissal is needed due to an injury or illness. Please update contacts as necessary during the school year.

Please call the school nurse every morning that your child will be absent from the school day. Tips to help you decide on whether to keep your child home from school are available on the Stoughton Public School's

webpage at <http://www.stoughtonschools.org>, under the Health Services tab. If your child is not feeling well, please do not send them to school and follow up with your school nurse for further guidance.

Occasionally head lice can be a problem in a school system. The major symptom of head lice is scalp itching. At any time during the school year, should you find that you need to treat your child for head lice, please notify your school nurse.

It would be helpful to have a set of spare clothing in your child's backpack in case of spills, rips, or accidents. That way, unnecessary dismissals and/or parent trips to a school can be avoided.

Please make sure your child eats breakfast every morning and is provided with a healthy snack and lunch daily. Currently, until the end of this school year, school lunch and breakfast is available each day at no charge. State programs, such as WIC, Free/Reduced Breakfast and Lunch Programs, and SNAP make it possible for children to have nutritious food during difficult financial times. If you believe you are eligible, free/reduced lunch forms are available in the main office anytime during the school year. You can contact WIC at 1-800-WIC-1007 (or visit [www.mass.gov/wic](http://www.mass.gov/wic)) and SNAP at 1-800-645-8333.

If you have any questions, please feel free to contact me or your school nurse. On behalf of all the school nurses, we hope your child has a healthy and successful school year!

Best,

Handwritten signature of Danielle Gallan, RN.

Danielle Gallan, MSN-PH, RN

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