

Health Services Handbook

Your Child's Health

The goal of the school's health program is to obtain and maintain the best possible physical, mental and emotional health for all of our children. This will only be achieved through close cooperation of all of those concerned with the child.

Health Services

The following services are provided:

- Vision screenings by the school nurse for all new students and in grades 1-3, 5, 7 and 11
- Hearing screenings completed by the school nurse for all new students and in grades K-7 and 10
- Scoliosis screenings completed by the nurse in grades 5-9

Any students appearing to have difficulty will also be tested upon request of the teacher or parent. Parents will be notified if a more complete check by a physician is advised.

Health Records

A complete health file is kept on all children; this includes screenings completed by the nurse and physicals, immunizations and any other medical information sent in by the parents. The following is required by the state to have on file;

New Entrants

The following need to be submitted to the school nurse's office:

- Birth certificate
- Dental certificate
- Physical dated within 12 months of the start of the school year within 30 days of the start of school with a New York State Primary Care Physician.
- Proof of immunizations against Whooping cough, diphtheria, tetanus, polio, meningitis, Menstrua, meningococcal, measles, rubella, mumps, varicella (chicken pox) and Hepatitis B.

All students in grades PreK, K, 1, 3, 5, 7, 9 and 11 need to have a physical dated within 12 months of the start of the school year and turned in to the nurse within 30 days of the start of school and new this year a Dental Certificate.

Students in 6th grade need to have proof of a Tdap immunization. Students in 7th grade need to have proof of a Meningitis #1 vaccination. Students in 12th grade need to have proof of a Meningitis # 2 and/or B vaccination.

Also, in accordance with Public Health Law #2164, all children entering school for the first time are required to be immunized against whooping cough, diphtheria, tetanus,

polio, measles, mumps, rubella, varicella (chicken pox) and Hepatitis B. Proof must be presented at the time of registration time of registration. No child will be permitted to enter Pre K or Kindergarten unless all immunizations have been completed or health reasons have been verified that such immunizations are prohibited.

Illness

Regular attendance at school is essential for all children. Punctuality and regularity in attendance play an important part in the development of your child's attitudes towards school life. However, your child will be closely associated with many other children and should he/she show any signs of illness, we hope that you will keep them home. While we stress regular attendance and follow-up on children who have long or excessive absences, we also consider your child's well being as well as the well being of those around them.

If your child becomes ill during regular school hours and in the opinion of the school nurse should not remain in school for the rest of the day, the parent or another person designated by the parents will be called at home or work and will be expected to make arrangements for transporting the child from school. An ill child will not be able to walk home or ride the bus. It is essential that the school have on file a phone number for emergency use for each child. If your child has a fever, diarrhea or is vomiting they must be free from all of these symptoms with out medication for a 24 hour period before returning to school.

Allergies

Any allergic reaction or condition needs to be reported to the school nurse. This would include any allergy to food, insect or bee sting, pollen, etc. If your child is taking allergy medication at home, the school should be alerted as to any possible side effects. If the child has an allergy to milk, juice or peanuts and needs to be substituted at lunch a doctor's note must be on file with the school nurse.

Accidents or Injuries

The school is responsible for first aid care only for accidents or injuries that happen at school or on the bus. Accidents or injuries that happen at home are the parent's responsibility and cannot be treated by school personnel.

In case of an injury at school, emergency care is given, the parent is notified and if necessary, the student will be taken to the local hospital via ambulance. If a student has a minor injury at school and then later on develops symptoms that require a physician, please notify the school nurse the following day. All injuries must be reported by the student to the person in charge, at the time they are incurred, if the school insurance is to cover them. School insurance provides payments, of certain costs incurred above what parents' own primary insurance will cover.

Administration of Medication in School

New York State requirements from administration of medication, which include prescription and over the counter medication (including Cough Drops, Tylenol, Ibuprofen, etc.), is as follows:

- The school nurse must have on file, a written request from the physician in

- which the physician indicates the frequency and dosage of the medication.
- The school nurse must have on file a written request from the parent to administer the medication as specified by the physician.
- The medication must be delivered directly to the school nurse by the parent or a trusted party directed by the parent. All medication must be in the original containers and properly labeled (plastic bags, old bottles, tissues, etc. are not proper containers). All medication will be kept in a locked cabinet in the nurse's office.

Medication under any other than the above conditions will not be given to the student.

When any member of the school staff observes a pupil carrying or taking any medication, the school nurse will be notified. The medication will be taken from the pupil and the parents will be notified.

MEDICINE SHOULD NEVER BE SENT TO SCHOOL WITH THE CHILD.

These procedures are established to protect each child in school and to ensure positive health practices. We seek your cooperation and support in this matter to avoid any unpleasant or potentially dangerous situations.

Communicable Diseases

When school is in session, the chance of your child being exposed to communicable diseases is greatly increased. All of the following communicable diseases should be reported to your family physician for treatment. Also, to help us protect the other school children; we ask your cooperation in notifying us should your child become infested with any of the following:

- **Chicken Pox-** Small water blisters, more numerous on the trunk of the body, blisters break easily. The incubation period is 12-21 days. The child is excluded from school until the crusts have dried and are falling off.
- **Impetigo-** Skin rash, yellow crusts on raised areas. When the crusts are removed, the underneath layer resembles a red rash or acne. Because this is highly contagious, the child must be excluded from school until treatment has started.
- **Ringworm-** A contagious disease of the skin, hair and nails characterized by one or more rounded, scaly elevated grayish patches. Children are excluded from school until treatment has started.
- **Head lice-** Small gray-white nits resembling dandruff that cling to the hair. They are difficult to remove and may cause a great deal of itching. Children who are heavily infested are excluded from school until the child has been treated and all signs of nits are gone. The child must be brought into school by the parent the first day back to school after the lice is found to be checked by the nurse.
- **Trench Mouth-** Infectious disease of the mouth and throat. Characterized by inflammation and ulcer-like sores of the mouth and throat. Children must be excluded from school until a physician's statement is presented
- **Scabies –** An infectious disease of the skin characterized by a rash or small papules or vesicles which cause severe itching, especially at night. It is not found on the face, but between the fingers, anterior surfaces of the wrist and elbows, beltline, abdomen, etc. Care must be given to the laundering of clothing if treatment is to be

effective. Children must be excluded from school and seen by the school nurse before re-admission.

- Acute Contagious Conjunctivitis (Pink Eye)- The eye is red, swollen and discharge is present. Often the child will awake and the eyes will be pasted shut. Children are excluded from school until treatment is started.
- Strep Throat- Onset is sudden with a headache, fever, sore throat and is contagious. Child is excluded from school until treatment has begun.
- Plantar's Wart and Athlete's feet- Occasionally students may contract a case of athlete's foot or plantars wart in the pool area. Even though these occurrences are rare, parents are encouraged to have their children wear aqua shoes during swimming classes. Children may attend school, but will be excluded from swimming and showers until treatment is given.

Physical Education Excuses

The school nurse is not able to excuse the students from physical education. You must obtain a physician's note for your child.