



Health Notes

From Mrs. Formica RN

Emergency Contact Information:

Emergency information can be updated in our Real Time parent portal. Parents/guardians are asked to provide work and cell numbers and at least two local telephone numbers of people who will be responsible for the child when a parent/guardian is not available. **Do not list persons who are working, are unable to drive, or are unavailable during school hours.** Please update this parent portal as changes arise.

Injury or Illness Policy:

When a child is injured or taken ill at school, the following procedure will be followed:

1. First aid treatment is administered.
2. In case of emergency, accident, or illness, the parent/guardian or person listed on the emergency card will be notified.
3. The parent/guardian will be requested to come for the student or arrange necessary transportation. Students will **not be able to remain** in the nurse's office all day if they are sick.
4. **The school is not responsible for injuries occurring at home or outside of school property. Please attend to these type injuries at home.**

Please inform the school nurse if your child is diagnosed with any communicable disease, i.e. pink eye, strep throat, chickenpox, head lice, impetigo, ringworm, etc.

Attendance Policy:

Parents are requested to communicate with the school by telephone or other means to inform the school nurse the morning of each absence. Please report absences to the school nurse at 973-697-0481 (messages can be left prior to school hours on nurse's answering machine). In the event the nurse is not notified, the absence shall be reported to the parents by telephone. In accordance with board policy and New Jersey statute, the parent must provide a written statement of the cause for such absence on the student's return to school. In the event of planned absences for personal reasons, a letter should be sent in prior to the absence, stating the duration and reason for such absence. **Students arriving to school late must be escorted into the building to the main office and signed in. Please do not drop them off in front of the building.**

Medication Policy:

Please note the following policies regarding dispensing medications in school:

1. By New Jersey State Law, **only** the school nurse may give medication – **including over-the-counter medications**, if:
 - There is a written order from a licensed physician stating name of the medication, diagnosis, dose, times to dispense, how often to give and any side effects.
 - The medication is brought to school in its original container by a parent. **Children may not transport** any medication to school.
 - There is a **written note from a parent/guardian** requesting the nurse to give the medication. **(There are forms for medication administration requests available from the health office).**

There are no exceptions to this policy and it must be adhered to.

Parents may come to the school and medicate their child if the above policy is not convenient.

Over the counter medications include:

Children's Tylenol, Motrin, Advil, cough medicines, skin creams, etc. for any purpose.

Cough drops **must** be accompanied with parental permission. Note is required for each occasion.

2. New Jersey State Law now allows students to carry medication and self-medicate only for life-threatening conditions, i.e. asthma, insect sting allergies and anaphylactic food allergies. Permission to self-medicate must be updated annually by the parent and their physician. (Self-administration forms are also available from the health office.)

Gym Excuses:

A parent may request a gym excuse for a student up to three days for a medical problem that does not appear to require a physician's care. Otherwise, a physician's note is required for such an excuse.

Instructions for Returning to School with an Injury:

1. Obtain a physician's note for the absence and send it to the school nurse.
2. Obtain a physician's note for crutches. The note must clearly state that the student requires crutches in school and on the bus, and approximately how long they will be required. Send the note to the nurse.
3. Obtain a physician's note for students with casts, arm/finger splints, arm slings and air splints. The note must clearly state the nature of the injury, any limitations or restrictions, and the dates the student will be permitted to resume recess/gym activities.

Recess/Gym: Sneakers (Laced or Velcro)

- Sneakers are required for full participation in recess and gym.
- Students may bring their sneakers to school and change into them, if they wish.
- Students without sneakers will be prohibited from the playground equipment and from physical activity during recess.

Health Reminders:

- Please remember our best defense against germs is good hand washing. Please encourage your children to wash their hands often with warm water and soap.
- If your child has symptoms of illness during the previous night or upon awakening, consider making arrangements for your child to remain at home. Extra rest and early attention will often shorten the illness and cut down the spread of germs at school.

Some guidelines for when you should consider keeping your child at home:

1. Fever of 100 degrees or more. Your child must be fever free for 24 hours before returning to school.
2. Persistent coughing that could be disruptive to the class.
3. Vomiting or diarrhea within the past 24 hours.
4. Sore throat – if your child has been **tested for strep throat**, please keep them at home until you have received a call that the strep results are negative. **A full 24 hours of treatment** is required for a positive result before returning to school.
5. Cold or runny nose – if nasal discharge is excessive/and or not clear.
6. Unexplained rashes, sores, crusty and inflamed eyes.

If your child has been sent home from school due to illness, please make sure they are completely recovered before sending them back. Sending a child to school that is not in optimal health, not only endangers the health of all others they come in contact with, but also increases their own susceptibility to whatever illnesses they may be exposed to.

Local Wellness and School Nutrition Policy: Effective in September 2007

The following items shall not be served, sold or given out as a free promotion anywhere on school property at anytime before the end of the school day:

- Foods of minimal nutritional value (FMNV) as defined by USDA regulations: *soda water, water ices (those water ices that contain fruit or fruit juices, are not included), chewing gum, jellies and gums (gumdrops, jellybeans, jelly slices), marshmallow candies, fondants (including candy corn and soft mints), licorice, spun candy and candy-coated popcorn.*
- All food and beverage items listing sugar, in any form, as the first ingredient: *may include, but are not limited to: corn syrup, dextrin, fructose, high fructose corn syrup, galactose, glucose, honey, lactose, malt, maltose, maple syrup, molasses and sucrose.*
- All forms of candy: *including gummy bears and gummy fruit snacks.*

Although we prefer non food items for birthday treats, any purchased or baked item must adhere to the FMNV regulations, with minimal icing and **NO** sprinkles or ornaments of any kind.

Please call me at (973) 697-0481 with any questions regarding any of the above information.