



NOTES FROM THE ELEMENTARY NURSES

Our aim is to provide your children with the healthiest and safest environment possible here at school. We need your help with the following in order to accomplish this.

Physical Examinations:

A physical examination is required for grades Kindergarten, second, fourth, seventh and tenth, as well as those children who are new to the district. It is desirable to have your own physician perform the medical examination because he/she knows your child best. The School Doctor will automatically examine students who do not have the required physical in order to comply with the New York State Education Law. The School Nurse checks weight, height, vision and hearing as regulated by New York State guidelines, at school. Parents will be notified promptly of any problems found during an examination.

Immunizations:

When you register your child for the first time, a birth certificate and immunization record is required. The immunization record must include the dates of all doses, as well as the doctor's signature of the clinic's stamp. Every student's record must show proof of:

- 3 doses of DPT
- 3 doses of Polio
- 2 doses of measles, 1 of mumps & rubella (or 2 doses of MMR)
- 3 doses of hepatitis B vaccine
- 1 dose of Varicella (chickenpox) vaccine or doctor verification of disease
- HIB vaccine and a TB test are also recommended

Medication

If a child needs to take medicine during the day, you must submit written orders from the doctor and a "Medication Permission Form" signed by a parent. It is required that such medications be delivered directly to the School Nurse by the parent in the original prescription bottle. This includes over-the-counter medication such as Tylenol or cough medicine.

Medical Emergency Form:

At the beginning of the school year, parents are asked to fill out an emergency form listing the telephone numbers where each parent can be reached during the school day and two alternate numbers to be called in the event your child becomes ill or injured at school. Please remember to notify the school of any changes during the year. It is also a good idea to make arrangements with someone to be a contact person for your child should you be out of town for any length of time.

Accident of Illness

When a child becomes ill in school, he/she is sent to the Health Office. If the school nurse feels that the child is not able to remain in school, the parents are contacted and asked to make arrangements to transport the child home. In case, of any emergency, and a parent cannot be contacted or cannot pick up the student, an ambulance will be called to take the student to the hospital.

If your child has a particular health problem, it is essential that you discuss it with the school nurse. In the event of communicable disease such as chicken pox, or strep throat, it is important that the nurse be notified. Equally important, are those parents recognizing symptoms of illness and acting quickly to keep the sick child at home. Even when a child is not very sick but is uncomfortable or not feeling well, he/she cannot do well in class and more importantly is a source of infection to classmates and teachers. Please do not send your child to school with a fever over 100 degrees or with a harsh cough, suspicious rash or red, draining eyes; they will only have to be sent back home. After a fever, your child's temperature should be normal for 24 hours before returning to school.

GOOD HEALTH HABITS

- A. Get 11-12 hours of sleep.
- B. Eat a well-balanced breakfast.
- C. Have clean body, hair and clothes.
- D. Wash your hands before meals and after using the toilet.
- E. Cover your mouth and nose when coughing and sneezing.
- F. Brush your teeth regularly.
- G. Dress properly: rain protection in wet weather, warm clothes in winter with boots on snowy days.

The children go out for recess everyday in good weather. Fresh air and exercise are essential to good health. We require a doctor's note with a time limit and reason to keep a child indoors during recess. An exception to this rule may be made when the school nurse knows that a child has just returned from an illness, injury or surgical procedure.

Please keep this as a handy reference. If you ever have any questions, please feel free to call:

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Kent Primary School 225-5025 Ext. 345

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Kent Elementary School 225-5029 Ext. 307

Lynn Annunziato

REMEMBER: HEALTHY KIDS MAKE BETTER LEARNERS