

Pearl River School District
Pearl River, New York

Dear Parents of Children Entering Kindergarten:

Enclosed is a packet of health materials for you to review. It contains information about the New York State school health protocols that you should be familiar with. It also gives a few helpful health practices that we feel will benefit your child.

The State of New York requires that all new students to a school district must be immunized against the following diseases: diphtheria, tetanus, pertussis, poliomyelitis, rubella, mumps, measles, hepatitis B, and varicella (chicken pox). It is also recommended that parents speak to their child's physician about the recommended two part Hepatitis A series. The Pearl River School District also requires proof of a PPD tuberculin test to screen for exposure to tuberculosis within a year of entry to the school district, or an exemption by your child's physician stating that the test is not necessary.

If your child's physician feels such immunizations may be harmful to your child's health, please request that the physician submit a medical statement of exemption for your child's records. The medical exemption must be from a licensed physician and must specify which immunizations are contraindicated and why.

Parents who hold genuine and sincere religious beliefs contrary to vaccinations for their child will be exempt from providing proof of immunizations, however, a written and signed statement from the parent or guardian must be submitted to the school.

In accordance with a New York State statute, student physical exams are required for students entering kindergarten. Physical examinations must be done within 12 months of the student entering school in order to comply with state requirements for the upcoming school year. Routine dental exams are requested and if available, a dental certificate should also be submitted to be included in your child's cumulative health record. The student physical examination form, together with the medical history form you will also receive, should be returned to the school your child will attend.

If you have any questions pertaining to the health services, please feel free to contact me or the nurse in the elementary school your child will attend.

I wish you and your child a healthy and safe school year.

Sincerely,

Cindy V. Padre

Cindy V. Padre, M.D., F.A.A.P.
School Physician, Pearl River School District

Revised 1/19

Pearl River School District
Pearl River, New York

New York State Immunization Requirements for Kindergarten School Entrance/Attendance

(All sources current from 2018-2019 and obtained from the State of New York Department of Health)

1. DTap or DTP (Diphtheria, Tetanus, Pertussis) - 4-5 doses. The final dose of the series should be administered at age 4 or older
2. Polio (IPV or OPV) - 3-5 doses. The final dose of the series should be administered at age 4 or older
3. Measles, Mumps, and Rubella (MMR) - 2 doses
4. Hepatitis B - 3 doses
5. Varicella (Chicken Pox) - 2 doses

Serologic evidence of either measles, mumps, rubella, hepatitis B, varicella or polio antibodies is acceptable proof of immunity to these diseases.

Diagnosis by a physician that your child has had varicella disease is acceptable proof of immunity to this disease. Parental recall of the disease is not sufficient.

The vaccine information provided above is the current, minimal vaccination requirements for kindergarten school entry specified for New York State. Please speak to your child's physician regarding the actual recommended doses of the above vaccines and other recommended vaccines, as per the American Academy of Pediatrics and the Advisory Committee on Immunization Practices.

Any further information regarding New York State immunization requirements for school entrance and attendance may be obtained at the New York State Department of Health website.

Immediate action and cooperation between parents, your child's physician, and school staff will assure your child's health protection and uninterrupted education. Please submit all requested information to the school nurse as soon as possible.

Thank you for your cooperation.

Pearl River School District
Pearl River, New York

TO: Parents of Children Entering Kindergarten

FROM: Dr. Cindy V. Padre, School Physician

DATE: January, 2019

Records

Very important school health records are compiled from information provided by parents/guardians. From time to time, additional information/updates will be requested. Please complete and return these forms promptly.

Problems

Any health issues (physical or emotional) or issues regarding financing a health program for your family can be discussed confidentially with the school nurse. If she is unable to help you, it is almost certain she can refer you to someone who can.

Fitness

Some health practices to keep your kindergarten child healthy and fit:

1. Twelve hours of sleep each night
2. Three unhurried, nourishing meals a day. Provide dairy products and plenty of vegetables, fruit, and whole-grain products in reasonably sized portions.
3. ALWAYS wash hands before meals and after use of the toilet
4. Dress appropriately for the weather
5. Encourage your child to stay active with at least 60 minutes of moderate intensity physical activity most days of the week.
6. Avoid too much sedentary time. Limit the time your child watches TV, plays video games, or surfs the web to no more than 2 hours per day.
7. Daily bath to keep skin clean and healthy and to maintain proper hygiene
8. Teach your child appropriate names of body functions, i.e., a stomachache frequently accompanies the need for a bowel movement
9. Healthy snacks at school and home to promote good eating habits at a young age. Encourage more water, limit sugar-sweetened beverages and consumption of excess sugar. **PREVENT OBESITY AT ALL COSTS!**

Physical Examinations

Annual physical exams by your child's physician are strongly recommended but New York State law requires proof of a physical exam in grades K, 1, 3, 5, 6, 7, 9, 11 as well as students entering the school district for the first time.

Vision and Hearing Tests

It is recommended that your child has a thorough vision and hearing exam by your child's physician or eye and ear specialist, respectively (if indicated) before entering kindergarten. There are several conditions that can be corrected and treated if diagnosed at an early age.

Notification of Parent

Parents are always notified by the school nurse if deviations from normal are found following physical exams or vision and hearing testing. It is the parent's responsibility thereafter to discuss any abnormal findings with your child's physician in a timely manner.

Emergencies

Please make sure that the school has the name and telephone number of your employer as well as an emergency contact who will be responsible for your child if you cannot be reached. In addition, we must know the name of your child's physician and dentist.

Illness or Accident at School

First aid will be given at school for injuries that happen at school. Parent or guardian will be notified if the injury is significant, requires a child to go home or be seen by a doctor, or needs at home follow-up care. Parent or guardian must provide transportation for child to be picked up to go home. In an emergency, your child's physician may be called, as per HIPPA protocols.

When should your child stay at home? (As recommended by the American Academy of Pediatrics)

Relatively few illnesses mandate exclusion from school

School Exclusion Criteria

1. Fever above 100 F, unless there is a known, noninfectious cause of the fever and the physician and parents want the student to remain in school
2. Undiagnosed rash suggestive of a contagious disease
3. Repeated episodes of vomiting or diarrhea
4. Headache accompanied by fever and/or vomiting
5. Irritability, lethargy, persistent crying, difficulty breathing

Absences

Parents should call the school nurse when the child is absent from school. The school will call a parent when a child is absent, unless we hear from the parent.

Returning from Absence

A child returning from absence must bring an excuse from a parent, even if he/she is sent home by the school nurse. In some circumstances, a note from the child's physician will be required to return back to school and/or to participate in gym or recess.

Children that have been vomiting or have had diarrhea should not return to school until 24 hours after their last episode. They should also be able to tolerate a regular diet.

Students should be fever free for 24 hours without fever-reducing medication (i.e. acetaminophen, ibuprofen) prior to returning to school.

Students with strep throat, bacterial conjunctivitis, or any other bacterial infection may return to school after they have been on antibiotics for 24 hours AND fever free for 24 hours.

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