

Dear Parent or Guardian,

My name is Lori Kowalski and I am pleased to be the new school nurse for Carl H. Kumpf Middle School. I have been a Preschool nurse in the district for 10 years and substituted in all the district schools, attended many field trips and assisted in the development of the Wellness Room at ALJ. Health service is an important part of our school system. How well your child learns depends on his/her well-being. I would like to take this opportunity to share with you information regarding the Health Office.

FORMS: Please complete the *'Health Questionnaire'* and **submit to the main office**. The form can be found on the "Health and Nurse" tab on the school website. *"Emergency Contact Information"* is completed through Genesis. Forms should be completed within the first week of school. Please update the nurse throughout the year with any new health updates and/ or medicine changes, as well as, updating phone numbers on your child's emergency form as necessary.

MEDICATION POLICY AND PROCEDURE: If your child needs medication while at school, **parental and physician's consent** is necessary. This also includes over-the counter medications. A "Medication Authorization Form" can be picked up at school or found on the school website, *"Health and Nurse"* tab. This form **must** be completed by the Health Care Provider and signed by a parent giving authorization for the medication. Medication must be provided to the nurse in the **original** container; including Inhalers and EpiPENS. A doctor's order must be provided giving permission to carry an EpiPEN or Inhaler. See the *"Health and Nurse"* tab for additional medical forms. Consent is good for **one school year**. Medication cannot be given unless the proper forms are in place!

MANDATED HEALTH SCREENINGS: Screenings shall be completed by the school nurse according to NJ State requirements, including: Screening for height, weight and blood pressure shall be conducted annually for each student in the middle school. Screening for visual and auditory acuity shall be conducted annually for 6th and 8th grade students. Screening for scoliosis shall be conducted for 7th grade students. If you **do not** wish to have your child examined for scoliosis at school, please submit a written note to the nurse's office. The school nurse shall provide notification of the parent of a student suspected of deviation from the recommended standard.

ILLNESS: If your child is feeling ill during the school day, they must be assessed by the nurse in order to be dismissed. Children are not to call or text parents that they are sick and need to go home. A nursing assessment must be given in order to excuse your child home for illness.

ABSENT: Please call the main office if your child is absent for any reason. If the absent is due to illness or injury, please inform us of the symptoms (fever, sore throat, etc.) as I track student absences and illness for infection control purposes. A fever over 100F, flu like illness, vomiting and/or diarrhea are **all reasons to stay home from school**. **As per CDC and school policy**, all students with a fever of 100F or greater will be sent home. They may not return to school until

they are fever free for 24 hours without the use of Tylenol, Motrin, etc. Students with active vomiting or gastrointestinal problems will be sent home and not return to school until their problem has been resolved for 24 hours. The policy is enforced to promote the well-being of other student and staff members.

DOCTOR'S NOTE: A doctor's note is required for an excused absence as per school attendance policy. Please advise me if your child has any contagious diseases, major illness, surgery, absent for an extended time due to illness or have frequent absences due to a documented chronic medical condition that may require accommodations to ensure your child's health needs and academic success. In many cases, a doctor's note will be required for your child to return to school. If your child is excluded from gym/recess for a medical reason, a doctor's note will be required before your child may resume activities. A doctor's note is required if it is necessary for your child to ambulate with the assistance of crutches.

KEEPING HEALTHY: When puberty arrives it's a time for a new look at how to stay healthy and presentable. It is a time when special sweat glands roar into full production pouring out sweat which smells! Keeping their body clean is an important part of keep healthy. Caring about the way they look is important to feeling good about themselves. Attached, please find the article, "10 Ways to Teach Preteen Hygiene," tips for middle school girls and boys keeping clean and taking care of themselves! <https://www.scholastic.com/parents/family-life/kids-health/10-ways-to-teach-preteen-hygiene.print.html>

It is helpful to us as a school community to have good communication with families at all times. The more information we have the more we can help your child be healthy and to succeed in school. Do not hesitate to contact me if I can be of assistance to advocate for your child's healthcare needs. I wish good health and a successful 2019-20 school year for your children.

Lori Kowalski
Supervisor of Nursing and Wellness/CHK School Nurse
Lkowalski@clarkschools.org
732-428-1802