

CLARK PUBLIC SCHOOLS CLARK, NEW JERSEY

HEALTH SERVICE BULLETIN TO PARENTS

Good Health is basic to sound education and productive living. The purpose of the school health program is to maintain, improve and promote the health of the school-age child.

Ways to Promote a Healthy Environment for Students and Staff.

- Always keep your child home if an elevated temperature is present. A child should be fever free for 24 hours (without the aid of Tylenol or Motrin before returning to school as many children rebound with a temperature).
- Please notify the School Nurse if your child develops a communicable disease or condition (strep throat, chicken pox, fifth disease, head lice, impetigo, scarletina/scarlet fever, pink eye, etc.).
- When it is determined that a student should be sent home as a result of illness or injury, a parent /guardian will be notified and asked to come pick up the child from school. The student can be released to someone other than the parent if that person has been designated on the Emergency sheet or card, and if not on the card, by verbal permission over the phone. Please inform the Office and Nurse of any changes in phone numbers for work, home, or an added cell phone to assist us in being able to reach you in a timely manner.
- Children should be dressed appropriately for the season and specific weather.

Absenteeism

Child absenteeism due to illness must be reported immediately to the attending school. When phoning the school, please report the nature of the illness and /or if the illness is due to a communicable disease. A note from the parents/Guardians regarding school absences must be sent to the attending school when the child returns.

GYM EXCUSES

If it necessary to have your child excused from gym class for a day or two due to sprains, injuries, severe infections, etc. , please send in a separate gym excuse. If for any reason your child must be restricted from activity in gym, a Doctor's note is required. The Doctor's note must include: The reason for the restriction and the appropriate length of time the child is to be restricted. **If a student is excused from gym class, he/she will not be allowed to go outside during lunch recess for safety reasons.**

Medication

A parent/guardian should bring any medication, which a child must take during school hours, to the Health Office in its original container, before class starts in the morning. **A written prescription from the doctor must accompany the medication as well as a note from the parent. The note should state: 1. What the medication is. 2. When and how often the medication should be given. 3. Reason for which the medication is being taken.**

All medications are to be administered in the Health Office. The School Nurse cannot administer any medication without a Doctor's note. This includes prescribed medication and over the counter medications (e.g. Tylenol, cough medicine, allergy medication, antacids, prophylactic medication before a dental appointment, etc.).

Parents/Guardians should feel free to contact the School Nurse regarding health concerns for their children.

Health Screenings

Routine school physicals will **no longer** be conducted in school. It is important that physical exams are done during each of the students developmental stages:

- a). early childhood (pre-school-grade 3).
- b). pre-adolescence (grades 4-6).
- c). adolescence (grades 7-12).

It is recommended these physical exams are done by the student's own primary physician. Please consult with your school nurse if you do not have a primary physician. Sports physicals must be done on all students participating in after school sports from grades 6-12. If you are planning to play sports, a physical must be done and the completed form must be submitted to the nurse before your will be allowed to try out for any sport.

- In the event that your child receives any booster inoculations, it should be reported to the Health Office with a doctor's note stating the type of inoculation received and date administered. It is beneficial to keep the permanent Health Record current.

