

Health Program

Health Forms:

Annual Health forms need to be completed by a parent or guardian at the beginning (first two weeks) of the school year. Please take the time to complete the form and insure that all information is current. A mandatory physical examination is required for all new students and those students entering grades 4,7, and10. Both the Annual Health Form and the Physical Examination form can be obtained at the Main Office.

Illness and Communicable Diseases:

Please keep your son home with a fever, nausea/vomiting, sore throat, conjunctivitis or other communicable diseases. This is to allow your child to recover from illness and to prevent the spread of illness. Just as you do not want your son to be exposed to an illness at school, other parents desire the same courtesy. We do require that students remain home for 24 hours after a fever / illness has resolved (48 hours for influenza). Please contact the school nurse with any questions about when your child should be kept home.

In-school injury or illness:

Students are sent / go to the Nurse's Office with any minor injuries / illnesses that occur while they are in school. When an injury or illness is minor, the students will be treated in the Infirmary and sent back to class. If a student requires further treatment or should go home, the parent(s) will be contacted and asked to come for the sick or injured student. We discourage parents from requesting that their son be sent home via train or bus. Please keep the school office informed of any changes in emergency contact information.

No Physical Education / Swimming / Activity Guidelines:

If your son cannot participate in Physical Education, Swimming Class or other activities for a medical reason, please send a note stating the reason and activity you are excusing your son from. Parent's can excuse a child from an activity for one day. Not participating in an activity beyond once requires a doctor's note. If your son is excused from physical education during the day, they will not be permitted to participate in after-school sports.

Face Masks

Students are requested not to wear masks in school. Masks are worn improperly in the classroom and thus increase the spread of infection rather than preventing it. Students touch masks frequently and readjust them on their face. Since masks are moist from wearing the moisture harbors infection and increases the spread of infection via the students' hands. Additionally, masks distract the students from listening and participating in class activities. If your son is ill, please keep him at home.

Emergency Medications

If your son needs any emergency medications, due to a medical condition or possible allergic reaction, please bring an extra supply of these medications to the Nurse's Office. Additionally, if your son takes medication on a routine basis, a three-day supply of medications can be stored in the Nurse's Office.

Administration of Medicine during School Hours

Notify the Nurse if your child is on medication. Whenever possible, all medicine should be administered at home. In cases when it is necessary for medicine to be taken at school, the following steps must be followed:

- For any medicine it is essential that the first (initial) dose be administered at home to prevent an allergic reaction from occurring at school.
- Medicine must be labeled and must accompany written instructions by the parent/guardian:
 - Student's Name
 - Reasons for taking Medicine
 - Name of doctor & phone number
 - Name of Medication
 - Dosage
 - Date and time medication needs to be administered
- Medicine will be administered by only the Nurse

Allergies

If your son has an allergy to food or bee stings, please state so on the annual health form. Please be aware that there are many boys who have peanut / nut allergies within the school. **Because of these allergies we ask that you not send your son to school with any peanut / nut foods or foods prepared with nut products.**

Vision Screening

Annual vision screenings are done for all elementary school students. If your son fails the screening you will be notified and advised to take your son for a more thorough eye examination. If you feel there is a problem with your son's vision before the screening, please seek care in advance. Waiting for eyesight to get worse before getting glasses or changing the lens strength of current glasses, puts your son at risk academically and socially.

Please feel free to contact the School Nurse with any questions about the above or any other medical concerns regarding your son.