

REGIONAL SCHOOL DISTRICT NUMBER 16

Health Services Guidelines & Policies

The health and well-being of your child is our number one priority. Please help by following the guidelines and policies that have been approved by our Board of Education:

- When a child is absent from school, the parent/guardian **must telephone the school**. Voice mail is available at all times, day and night. If the school does not hear from you, you will receive a call to verify the absence. This is a safety measure so that the school and you know that a child may not have arrived at school where he/she should be. Your child's safety is our biggest concern so please call.
- Upon the child's return to school, a written note from the parent/guardian regarding the child's absence must accompany the child. If the child saw a medical professional provide a note from the physician's office.
- If your child has a **fever over 100 degrees**, he/she will be sent home and/or should remain out of school until the temperature has been normal without medication for 24 hours.
- If your child is **vomiting**, he/she will be sent home and/or should remain out of school until 24 hours after vomiting.
- If a child is diagnosed with a **communicable bacterial infection** such as Strep Throat, "Pink-eye", etc., that child must remain **out of school for at least 24 hours after starting antibiotic therapy**.
- **Please call the nurse's office if your child has been diagnosed with communicable conditions such as chicken pox, impetigo, scabies, lice, fifth disease, strep or pink eye.**
- **Any medication** that must be taken during school hours, either prescription or over-the-counter, requires doctor's orders to be on file in the nurse's office. This includes Tylenol, Ibuprofen, cough syrup, cough drops, topical creams, etc. Region 16 Medication forms are available in the nurse's office and on the Region website. Parents/guardians must supply all medications in the original container, labeled with child's name and with directions for dispensing the medicine. Medications must be brought to the nurse's office by an adult with the doctor's orders.
- **New regulations allow student to carry their inhalers with the permission of their parent and their physician.** A MDI self-administration form must be filled out by the authorized prescriber and the student must be trained in self-administration in the prescriber's office. Please note the pharmacist must label both the inhaler and the packaging. Self-administration will be reviewed by the school nurse and the form will be kept on file in the nurse's office.
- Children **are not allowed** to have any medication, including cough drops, throat lozenges, etc. on their person at any time. The only exception is an inhaler with permission of the parent, physician (and physician orders) and review by the school nurse.
- If your child comes to school with a medical device (such as elastic bandages, splints, casts, crutches, stitches, etc.) **written instructions from the physician with activities that are allowed and activities that are restricted must be provided.** When the child is cleared for a return to PE class or physical activities, a written release from a physician must also be provided.

- If your child has a **medical condition**, such as diabetes, that requires intervention by the School Nurse, doctor's orders, medication and/supplies must be provided before the beginning of the school year.
- At the beginning of the year you are asked to fill out new Emergency Information Sheets. **Please continue to update this information** during the year if phone numbers or individuals who are authorized to pick-up your child change.
- Students new to the Region must supply a completed **health assessment** and record of immunizations prior to starting school. Please send copies of the yearly updates and records of any new immunizations or changes in your child's medical status as they occur. Complete health assessments are required entering grades K, 7, and 10.
- If your child has a **food allergy** please contact the School Nurse's Office at your child's school for a food allergy packet. If you wish your child with food allergies to participate in hot lunch please contact Vicki Biello, Director of Food Services at 203-758-6671.
- Because so many of our students have food allergies, no home-made food may be distributed to students, Any food and beverages brought into the classroom must be purchased and obtained from a licensed food vendor and must be commercially prepared, prepackaged, unopened with ingredients listed and, when possible, individually wrapped. **You will receive a letter at the beginning of school alerting you to any food allergies in your child's classroom.**
- If your child has **Asthma** and needs a rescue inhaler during the school day, doctor's orders, an asthma action plan, the inhaler and a peak flow meter (if ordered by the physician) must be brought to the Nurse by an adult. The inhaler must be labeled by the pharmacy with the child's name.
- For a **confirmed case of Lice**, the student must be brought to the School Nurse to be checked before returning to school after the initial treatment. The child should be retreated after 10 days and will then be rechecked by the School Nurse. If evidence of Lice is discovered at any time, the child will have to be removed from school as Region 16 has a **No Nit Policy**.
- **Latex products such as balloons are not allowed on school property.** Many people are developing latex allergies and in the younger grades, there is a danger of aspiration with latex balloons.