

**CALDWELL~WEST CALDWELL PUBLIC SCHOOLS
OFFICE OF THE SCHOOL NURSE
STUDENT HEALTH GUIDELINES**

In an effort to safeguard your child's health and the health of all the children in our school, please review the following health related information. Please save this information, as these guidelines should be used as a reference point to aid you in making a sound decision in whether or not to send your child to school.

Please assess your child's level of wellness before sending him/her to school. Your cooperation in this regard will help to stop the spread of infection among students and staff.

ANIMALS: Animals are NOT permitted in school for any reason, except for individual service animals and animals permanently housed in the classroom.

CHICKENPOX: The child may return to school when all lesions are dry or upon written release from the doctor.

CONJUNCTIVITIS: If your child has the symptoms of conjunctivitis, they may be sent home from school. If treated by a physician the student can return to school after 24 hours.

FEVER: A student that is sent home from school with a fever of more than 100 degrees cannot return to school the following day. Students may return to school when his/her temperature has been less than 100 degrees for at least 24 hours, without having taken medication to lower the temperature. If this is not the case, the child should remain at home. Please do not give fever reducing medication to the student prior to sending them to school.

HEADCOLD/NASAL CONGESTION: The student should remain at home if he/she is too uncomfortable to complete class work and participate.

HEALTH RECORDS/ANNUAL SCREENINGS: Health records are maintained on all students. Screenings will be conducted annually, according to State Guidelines. Parents will be alerted to any concerns or suspected abnormalities arising from screenings. If you do not want your child screened, please notify your school nurse.

IMMUNIZATIONS: The State of New Jersey requires certain immunizations for all students. Please provide a doctor's note when your child receives an immunization that includes the month, date and year that it was given.

INJURIES/EMERGENCY ROOM VISITS: All students who are injured, whether at home, school, or during recreational sports require written medical clearance from the doctor to return to school. Students who are treated in the emergency room should obtain a written note from the doctor stating that the student is able to return to school. When returning to school, the student is to report to the health office, with the doctor's note, prior to going to the classroom.

Students who return to school with casts, air casts crutches, splints, arm slings, wheelchairs, walkers, canes and/or immobilizers require a written doctor's note that includes:

1. Student may attend school
2. Any restrictions from physical education and lunch/class recess
3. Confirmation from the physician that the student has been properly instructed in the use of crutches, walker, cane, or wheelchair if applicable

MEDICATION POLICY: In the event that your child is required to receive **ANY** medication at school, the following policy must be adhered to:

1. Only the school nurse or parent/guardian can dispense medication. Exceptions are inhalers, epinephrine or insulin, or any other medications to treat life threatening conditions, which can be self-administered when indicated by physician order
2. ALL medication must be in the original, prescription labeled container from the pharmacy
3. The prescribing doctor must provide written instructions to dispense the medication at school, including the time the medication is to be given
4. The parent must provide written permission. Forms are available in the nurse's office
5. This policy applies to all medication including over-the-counter medications

PHYSICAL EXAMINATIONS: All new students to the district are required to have a physical examination by their family health care provider and submit the documentation of this exam to the school nurse. It is recommended that physical exams be repeated in grades 4, 7 and 11. Physical exam forms can be obtained in the nurse's office or on the School Nurse's web site.

SKIN RASH/LESION: If your child exhibits a skin rash/lesion of undetermined origin, please consult your physician before sending the child to school. A doctor's note may be required to return to school.

STITCHES/STAPLES: Students who return to school with stitches should provide a written note from the doctor that includes:

1. Student may return to school
2. Any restrictions for physical education and lunch/classroom recess

STREP THROAT: Students may return to school 24 hours after the first dose of antibiotic therapy has been started in accordance with your doctor's orders. The student must feel well enough to attend school, and must not present with any other symptoms, such as an elevated temperature. All cases of strep must be reported to the school nurse.

SURGICAL PROCEDURES: Any student who returns to school after a surgical procedure requires a written doctor's note that includes:

1. Student may return to school
2. Any restrictions for physical education and lunch/class recess

VOMITING: If your child is sent home from school due to vomiting, **they cannot come to school the following day.** Students must be symptom free for a full 24 hours and able to hold down food and fluids before returning to school