

A Parent's Guide to North Andover's School Health Program

Dear Parents:

2005-2006 School Year

The school nurse is present in your child's school to be a liaison between home and school regarding health concerns and to serve as a health resource to you and your child. The school nurse completes state mandated screenings and provides nursing care for accidents, illnesses and other medical situations. The school nurse is also there to assist in promoting good health and in maintaining a healthy, safe environment for staff and students. Please feel free to contact your child's school nurse with any health concerns or questions you may have.

This sheet provides you with information that will enable us to work together to achieve this goal. Please save this guide to use as a reference throughout the school year. Thank you for your cooperation and support of our school health program.

The North Andover School Nurses

HEALTH OFFICE EMERGENCY CARDS

Please complete your child's Emergency Card/Health Update and return it to school. This card gives us information on how to reach you in the case of an emergency and updated health information on your child year to year. Let the nurse know of any changes in emergency contact information or state of health during the school year. In the event of the need for medical transport, every attempt will be made to send a copy of this card. Remember, **in the event of an accident or illness, the school must be able to reach you or another person who will assume responsibility for your child.**

HEALTH EMERGENCIES

Please notify the School Nurse (yearly) of any medical condition which may precipitate an emergency situation with your child (e.g. allergic reactions to food, insect bites or medications; asthma; diabetes; seizures). The School Nurse will work with you in developing a care plan to meet your child's health needs.

IMMUNIZATION / LAB TEST REQUIREMENTS

School Immunization Law, Chapter 76, Section 15 of the General Laws of the State of Massachusetts requires that all immunizations must be up to date for children to attend school according to the Massachusetts Department of Public Health regulations. Massachusetts General Law allows for the school district to exclude children from school whose immunizations are not up to date.

- A certified record of immunizations from your child's physician(s) is required for entry into school.
- All immunization records must be provided in English and include full dates.
- Immunizations are audited by the school nurses. In the event of missing or incorrect information, your prompt attention in addressing the error/omission is imperative to assure compliance with state law.

Preschool Entry Requirements:

≥4 DTaP/DTP ≥3 Polio 3 Hepatitis B
1 MMR 4 doses Hib 1 Lead test TB Risk
1 dose Varicella or physician documented case of chickenpox

Kindergarten Entry Requirements:

5 DTaP/DTP 4 Polio 3 Hepatitis B
2 MMR or 2 Measles/1 Mumps/1 Rubella
1 Lead test TB Risk
1 dose Varicella or physician documented case of chickenpox

Grade 1-6 Entry Requirements:

≥4 DTaP/DTP or ≥3 doses Td ≥3 Polio
3 Hepatitis B 2 MMR or 2 Measles/1 Mumps/1 Rubella
1 dose Varicella or physician documented case of chickenpox

Grade 7-12 Entry Requirements:

4 DTaP/DTP or ≥3 doses Td; **plus** 1 Td booster
≥ 3 Polio 3 Hepatitis B
2 MMR or 2 Measles/1 Mumps/1 Rubella
1 dose* Varicella or physician documented case of chickenpox
• 2nd dose required if immunized after age 13

PHYSICAL EXAMINATION REQUIREMENTS

School Entrance: A physical exam within 1 year is required.

Update Physical Exams: One updated physical is required during middle school (*Suggested in 6th grade as students entering grade 7 are required to receive a Tetanus booster*) and one during high school. The back of the Emergency Health Card gives us updated information each year regarding your child's health.

Athletic Examinations: A documented physical examination is required for all students annually prior to participation in sports at the high school level.

MEDICATION POLICIES

Medications (both prescription and over-the-counter drugs) should not be taken during school hours, if it is possible to achieve the medical regimen at home. Medication to be taken three times a day can be given before school, after school and at bedtime.

If medications must be taken during the school day, please contact the school nurse for the appropriate forms or down-load the forms from the district website.

A PHYSICIAN'S ORDER IS REQUIRED FOR ALL PRESCRIPTION AND NON-PRESCRIPTION MEDICATIONS.

To insure your child's safety, all medications are to be delivered to school:

- In a pharmacy-labeled container. Ask the pharmacy to provide separate bottles for school and home.
- By the parent/guardian or designated adult, **never with the child.**

*****No medications will be administered that arrive in baggies or envelopes.**

*****No noon-time** medications are given on curriculum days.

LONG TERM MEDICATIONS

Medications which must be taken during the school hours, on a long term basis, require the following forms to be on file in the school health office before any medication can be administered at school:

- A signed and completed Parent/Guardian Consent and Medication Administration Plan
- A current Medication Order, signed by the prescribing physician

SHORT TERM MEDICATIONS

Medications which must be taken during school hours on a short term basis require the following forms to be on file:

- A signed and completed Parent/Guardian Consent and Medication Administration Plan.
- A signed physician's order or current prescription label.

MEDICATION RETRIEVAL

Parents/guardians may retrieve medications from the school at any time. All unused, discontinued or outdated medications shall be returned to the parent/guardian. All unused medications are to be picked up by the parent/guardian at the end of the school year, or they will be discarded.

ILLNESSES

Please do not send your child to school when symptoms of illness are present. In order to provide the healthiest school environment possible, according to guidelines set by the American Academy of Pediatrics, no child will be allowed to remain in school if any of the following conditions are present: temperature above 100 degrees, persistent cough or undiagnosed skin rash.

Please notify the school nurse if your child contracts any contagious diseases, including but not limited to: strep throat, conjunctivitis, head lice, impetigo, Fifth's disease, chicken pox, measles, whooping cough, mononucleosis, scabies, mumps and scarlet fever.

POST-ILLNESS SCHOOL ATTENDANCE GUIDELINES

Children must be fever free without medication and symptom free (vomiting, diarrhea) for 24 hours before returning to school.

According to school policy, before a child can return to school, strep throat, impetigo and conjunctivitis require 24 hours of medication. In the case of chicken pox all lesions must be scabbed over (5-7 days) before the child can return to school.

Head Lice: Children must be treated, nit free and checked by the school nurse before being readmitted to school. Prevention is the key to controlling this pesky problem. Please inspect your child's hair frequently and call the school nurse if you have any questions.

SCREENING PROGRAMS

Vision and Hearing: Vision and hearing screening is done yearly in grades K through 5, and in grades 7 and 10. Parents will be notified of any problems that necessitate a medical follow-up. Vision and hearing screening is also offered to preschool students.

Postural Screening: The state of Massachusetts mandates that all students in grades 5 through 9 be screened for scoliosis. Your child's posture will be screened beginning in fifth grade. Physician referrals will be made as needed.

Heights and Weights: Yearly heights and weights are taken on children in grades K, 1 – 5, 7 and 10.

HEALTH INSURANCE

If your child does not have health insurance, Massachusetts has health insurance plans that will provide uninsured children with affordable health care (restrictions may apply). Please contact your child's school nurse for more information.

For more School Health Information, visit the district website at northandover.k12.ma.us/School Health