

# HEALTH SERVICES

## **School Health Program**

The basic purpose of the health program is to assure that each child attains the greatest benefit from the educational opportunities provided by the school and grows into a healthy adult in the future. Policies have been developed to protect the health and promote the safety of all children while in school.

**FOR YOUR CHILD'S PROTECTION, PLEASE KEEP HIM AT HOME IF HE SHOWS SIGNS OF NOT FEELING WELL. WE HAVE NO FACILITIES FOR KEEPING ILL CHILDREN IN OUR SCHOOLS.**

Be sure your child understands that he should always tell his teacher if he is hurt or feels sick.

Any student who is sick or hurt in school should report to the nurse's office. If the school nurse feels that a student should be dismissed, the parent or guardian will be called. Parents will either pick the child up at school or provide a way home.

## **Medication Policy**

It is more desirable for medication to be administered in the home. However, any pupil who is to receive medication at school must comply with school regulations.

1. Written orders from a physician detailing the name of the drug, dosage, time interval medication is to be taken. (Forms A1-A4) (This includes psychotropic medications.)
2. Written permission from the parent or guardian of the pupil requesting that the school district comply with the physician.
3. Medication must be brought to school by the pupil's parent or guardian in a container appropriately labeled by the pharmacy with the child's name affixed to the container. Unused medication must be brought home in the same manner.
4. A locked cabinet will be provided for the storage of medication.
5. Short-term medications that are to be administered for less than 10 days require the parent to sign consent forms A2 or A3.

**Health appraisals** are scheduled for children entering PreK, Kg, grades 3, 6 and 10, children demonstrating special needs, and for all new pupils in our system. We strongly urge that the child's own physician perform this very important examination for reasons of privacy, a more thorough appraisal, immediate treatment if necessary, and to develop the good health practice of seeing a physician at regular intervals.

**Hearing and vision tests** are done annually for pupils in grades PreK-5, grade 7 and grade 10 by a screener who is trained by the Department of Public Health. If your child fails the first screening, he will then be given an individual retest by the school nurse who will notify you if there is a failure. Extensive follow-up work is done by the school nurse to insure each child will receive needed care. If you need help in making arrangements to have your child seen by a physician, please call your school nurse. In addition to the routine vision and hearing screening, individual tests are given by the school nurses throughout the year as needs are indicated by parental request, classroom teachers, other Pupil Personnel and private physicians.

**BMI Screening Program** is required in grades 1, 4, 7, and 10 by the Massachusetts Department of Public Health. The purpose of the BMI Screening Program is to inform you about your child's weight status and let you know if your child is in a healthy weight range, overweight, obese, or underweight. The result of your child's BMI screening is strictly confidential, and will not be discussed with anyone other than you.

**Postural screenings** (for curvature of the spine) in grades 5 through 9 are conducted by the physical education teachers as mandated by the State Department of Public Health. It is NOT a diagnostic service, but a program to identify young people who should have further medical evaluation. Follow-up is done by the school nurse who will notify you if your child has any unusual findings.

**Head Lice:** Your child will now be in close contact with many children. Head lice still exist. It would be well to check your child's head carefully each week. Examine several areas of the scalp, especially the nape of the neck and over the ears. Your doctor can prescribe treatment. Please call your school nurse so the precautionary measures may be taken at school. Many people mistakenly feel that it is a disgrace to get head lice. Our experience has shown that some of the cleanest children get them from another child. They are communicable, as is chicken pox.

### **Immunization Requirements – See Chart**

**First aid** will be given your ill or injured child. First aid, as defined by the American Red Cross, is the **immediate and temporary** care given in case of accident or sudden illness. Our first aid regulations are reviewed annually, approved by the school physician and distributed to all school personnel responsible for diagnosis or treatment, therefore, request to "have the nurse check" something that has happened at home will, in turn, be referred to you for a visit to your physician.

**Food Allergies:** If your child has moderate to severe food allergies, it would be well to teach your child to question his lunch at school – (or any food eaten out of the home) i.e. – nuts or peanut butter in cookies. To avoid **all** concerns, it would be best for your child to bring lunch from home. An Allergy Action Plan should be completed by the parent and school nurse.

**Health education** is ongoing each day. School health services personnel act as resource for parents, pupils and teachers in providing counseling and materials regarding special needs of pupils as well as classroom units in health education such as nutrition, menstruation, smoking, etc.

**Health insurance:** If your child is not covered by a health insurance plan, please contact the school nurse for free or low-cost insurance options.

**Hospitalization:** Parents should notify school nurse of any hospitalization for illness or surgery. A note from the doctor will be necessary to return to school so follow-up care can be provided as necessary.

### **Student Emergency Forms**

Each year you will be required to complete a student emergency form giving information regarding your work phone numbers, neighbor's names (in case you are not at home), means of transportation, phone number, etc. Also, we request information regarding any emergency treatment your child may need for allergies, medication prescribed by a physician or any condition your child may have requiring our special consideration. This sheet should be filled out on both sides and returned to school promptly.

These sheets are carefully screened. Your school nurse may call you to more fully understand your child's situation. Information to his teachers is given in a professional, confidential manner.

1. Children will **ONLY** be dismissed by person(s) listed on Student Emergency Form.
2. There **must** be two alternate numbers to call. Even if parent is not employed outside the home, it is often necessary to call someone else in the event of dentist appointments, grocery shopping, etc.
3. It is important for the school to be informed of changes during the school year, of employment, home address, phone numbers, etc.
4. In the event your child is injured and ambulance transportation has been arranged, treatment cannot be instituted until parent is reached.
5. There are no facilities for keeping ill children in school. The schools do what is best for your child. Please help.

