

## STUDENT HEALTH INFORMATION

### NORTH WARREN REGIONAL SCHOOL DISTRICT

**Health Office:** The health office provides basic first aid for injuries and illnesses which occur during the school day; however, it is not a clinic and is not intended to be a substitute for your own private physician. Routine screenings are conducted which include vision and hearing for grades 8 and 10, scoliosis for grades 7, 9, 11 and height and weight for all students. Parents and teachers may request a vision or hearing screening for any student if there is an indication of some difficulties in these areas.

**Visits to the School Nurse:** Students needing to visit the nurse must have a valid pass from a teacher except for emergencies. The student must sign the register upon arrival. Visits between periods are not permitted. When leaving the nurse's office, students are to report directly back to class with a pass from the nurse stating the time of departure.

Students will be assessed for the reported illness or injury and will be allowed to rest in the nurse's office for a maximum of fifteen minutes. Illnesses requiring a longer stay will involve a parent/guardian being called to pick up the student and take him/her home or for more medical attention. The nurse will speak directly with a parent by phone whenever a student is requesting to go home for minor illnesses. With phone permission from a parent/guardian, a specified designee will be allowed to pick up the student if the parent is unable to do so. Relatives and friends who are listed as emergency contacts will be called only in case of serious illness or injury requiring immediate attention, and only after attempts to reach a parent/guardian by phone are unsuccessful.

#### **Medications at School:**

Prescription medications which require a dose during regular school hours can be administered by the school nurse after a completed permission form is provided by the parent. (Please see the Medication Order/Permission Form Parts A and B on this web site). All medications, including over the counter medications such as Tylenol, require a physician's order and written parental permission, which must be renewed at the start of each school year. Medications must be supplied by the parent in the original pharmacy container.

As per New Jersey law:

1. The parent or guardian must provide a written request for the administration of the prescribed medication at school.
2. Written orders are to be provided to the school from the private physician, detailing the name of the drug, dosage, time of administration and the side effects.
3. The medication must be brought to the school in the original container, appropriately labeled by the pharmacy or physician.
4. The school will provide a secured, locked space for the safe storage of medication.
5. The certified school nurse or parent/guardian is the only person permitted to administer medication in the school.
6. The records of documentation for administering medication to students must be maintained by the school nurse.

Permission for students to carry and **self-administer** medication at school is limited by law to medications needed for potentially life threatening illnesses. Part B of the medication permission form must be completed

for self-administration of insulin, inhalers, and EpiPens. **NO OTHER MEDICATIONS ARE ALLOWED TO BE CARRIED or SELF-ADMINISTERED BY STUDENTS.**

**Physical Exams:** All students participating in the athletic program are required to receive a physical exam each year. The preferred option would be to have the physical performed by your family physician (M.D., D.O., N.P., or P.A. only). Whenever the date of the physical exam is more than 60 days prior to the first day of practice for the sport, the athlete is required to complete a brief medical update form, confirming that his/her health has remained unchanged since the exam. Physical forms are available on the web site or at school and must be mailed or brought to the health office. Students applying for **working papers** must have proof of a physical exam done within the previous two years. Sports physicals on file can be used for working papers. Please obtain working papers from the Guidance Office and then see the school nurse.

**Emergency phone numbers/health information from parents:** Parents are requested to provide updated phone numbers and health information for each student annually and whenever information changes. A form is provided each year (see Emergency Information form on this web site), and parents may also call the school nurse (908-362-8211, Ext. 1113) to provide information regarding newly diagnosed medical conditions, allergies, and medications taken at home.

**Absences from school:** Please keep your child at home if he or she has a fever over 100, vomiting, diarrhea, an unexplained rash, or red itchy eyes the night before or the morning of school. Students should be fever free for 24 hours before returning to school. If your doctor has diagnosed a contagious disease, please inform the nurse so that she can be aware of any new cases that occur.

When your child is absent, please telephone the attendance office to report the absence. If it was necessary for your child to see a doctor during her/his absence, please send in a doctor's note stating the reason for the absence and the dates. This is especially important for students who suffer from a chronic health problem which may cause multiple absences.

**Returning to school after serious illness/injury:** If your child is returning to school after an absence for a contagious or serious illness, injury, or surgery, a doctor's note is needed stating that the student is cleared to return to school. If your child needs to be on crutches in school or use other assistive devices (casts, splints, braces, orthotics), please send in a doctor's note stating the reason for the assistive device and the length of time that it will be required.

**Gym excuses:** Whenever your child has an injury or a medical condition which prevents her/him from participating in physical education class, a physician's note is required that states the nature of the illness/injury, specific activity restrictions, and the starting and ending dates that the restriction must remain in effect. A student who has not been seen by a doctor for the illness/injury may be excused from P.E. for two days with a written note from the parent. Gym excuses should be brought to the school nurse at the beginning of the school day. A copy will be placed in the student's health file, and a copy will be given to the student for the P.E. teacher. While a student is excused from gym, he/she may not participate in the school athletic program.

**School accident reports:** Whenever a student is injured at school or a school sponsored event, it is the student's responsibility to notify the teacher/adviser in charge at the time of the injury. The student will be referred to the school nurse or athletic trainer, and an accident report form will be completed by the student. If the injury requires immediate medical attention, a parent/guardian will be notified by phone.

**School Insurance:** All students are covered by the school's insurance policy for injuries that occur during school hours or a school sponsored event. This coverage is on a secondary basis, meaning that the student's family must first submit all bills to their own health insurance company. Bills not covered by the family's primary insurance can then be submitted to the school insurance company by the parent/guardian. Families who have no other health insurance coverage may file a primary claim for school insurance reimbursement. Please contact the school nurse within one week after the first visit to a doctor for treatment of the injury. A claim form will be given to the parent/guardian after details of the injury are obtained from the school accident report, which must be on file. Families who have no health insurance may be eligible for coverage through NJ Family Care at little or no cost to you. For information about obtaining NJ Family Care coverage, call 1-800-701-0710 or visit their web site at [www.njfamilycare.org](http://www.njfamilycare.org)

**Immunizations:** All students must provide written proof that their immunization record meets all New Jersey State mandated immunization requirements. Mandated immunizations include those for DTP (diphtheria, tetanus, pertussis), polio, measles, mumps, rubella, and Hepatitis B. Children born after 1/1/1998 are also required to receive varicella vaccine (chicken pox). Your doctor may also recommend certain boosters or new vaccines, which are beneficial but not mandated for school attendance (i.e., tetanus booster, whooping cough booster, meningitis vaccine). If your child receives any new vaccines or boosters, please send in written proof from the doctor so that your child's official school health record can be updated.

**Mantoux Test for Tuberculosis:** Any new student entering the district from a country that is considered a high-risk area for tuberculosis is required to obtain a Mantoux tuberculin test. Any positive Mantoux results must be followed up with a chest x-ray. The Mantoux test is not a vaccine and is routinely done periodically for health care workers and other groups that could potentially be exposed to tuberculosis. If your child receives a Mantoux test for any reason, please send in written proof from your doctor so that your child's official school health record can be updated.