

## IMPORTANT HEALTH INFORMATION

Dear Parent,

I look forward to helping your child with his/her health needs during the school year. Please read carefully the following pages of information related to the health policies of the Tisbury School.

Please notify me at any time during the school year about any health concerns you may have. I should be notified ahead of time if your child will be using crutches or if your child has an injury which will limit his/her activities. If your child is unable to participate in physical education classes for more than a day or two, I will need a physician's note specifying the reason and dates of exclusion. It would also be helpful if you would notify me if your child contracts a communicable disease like chicken pox, strep throat, conjunctivitis (pink eye), etc.

Sincerely,

Catherine Coogan, School Nurse

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### MANDATORY HEALTH RECORDS

Please note that documentation of immunizations must be turned in by the beginning of school or your child may be excluded from school until these requirements are met. Copies of physicals should be turned in as soon as possible. State law then requires that doctors' physicals be turned in every three to four years. In order to stay up-to-date, it would be helpful if you turn in a copy of a physical any time one is done.

Parents of students entering KINDERGARTEN are reminded to bring to school immediately any health documents that were missing at registration and screening in the spring. Parents were notified of missing records during the summer.

Parents of students NEW to the Tisbury School: State law requires parents to submit to the school (1) a complete immunization record, (2) a copy of a physician's physical exam done within one year of school entry.

Parents of students entering 7th. GRADE: All students must have a Tdap) Tetanus – Diphtheria - Pertussis booster if it has been five years or more since the last dose, and either a second dose of the chicken pox vaccine or confirmation from your doctor that your child had the disease. If your child needs either of these immunizations a letter was sent home at the end of the school year.

### SCHOOL INSURANCE INFORMATION

School insurance is available for students injured during school hours if the student's family has no insurance coverage of their own or if their primary insurance does not cover any part of the medical bills. In the event of an injury requiring medical attention, please let me know if you need an insurance form. Please be aware that it is the parents' responsibility to complete their portion of the form and submit it for coverage. Bills should not be sent to the school, as the Tisbury School does not pay the bills directly.

## GENERAL INFORMATION

### USED CLOTHING

I usually keep a small supply of used clothing in case a student has an accident in school and a change of clothing is needed. My supply needs replenishing so before throwing away your child's outgrown clothes, please notify me. I am especially in need of sweat pants in all sizes.

### MEDICATION POLICY

Please be aware of the medication policy in the student handbook. Children are not allowed to carry or take their own medication in school. This includes over the counter medications like Tylenol. If at all possible medications should be taken at home. Any medications to be taken during school hours (1) must be brought in by a parent/guardian (2) in the original container properly labeled by the pharmacy and (3) a permission slip must be completed. Any medications to be administered for more than ten days also require a doctor's order form.

### HEAD LICE-HELP NEEDED

Almost every year our school has its share of head lice, as do most schools. By identifying and treating those effected as early as possible, we can control their transmission. Therefore, my goal is to check the entire school population during the first two days of school. I will need a few parents to help. If you can help, please call me at home (693-4521) before school begins. Whether you are experienced at checking for lice or need to be trained, your help will be much appreciated.

Parents can also help decrease the chance of lice disrupting their lives by checking the heads of their own children before the start of school. Look either for a live, crawling brown insect, an itchy rash at the nape of the neck or behind the ears, or tiny grayish-white tear-drop shaped eggs glued to the hair strands close to the scalp. Children should be reminded not to share hairbrushes, combs, hats, etc. Long hair should be kept tied back. Please notify me any time you suspect your child may have lice or if he/she comes into contact with a known case. Delay in treatment allows for transmission and great inconvenience to many people.

It is our school policy that children be sent home for treatment when they are found to have lice. After the prescribed treatment, your child may return to school, but must report to me for daily checks.

### ILLNESS

In order to promote a healthy school environment we need to work together to avoid the spread of communicable diseases. This means that occasionally a child must be kept home or may need to be dismissed early from school when s/he is ill. I know that this can sometimes be an inconvenience for working parents, but in the long run it may help prevent a longer or recurrent illness and help stop the spread of illnesses to others.

Please plan ahead what you will do if your child needs to stay home from school or if you are called to pick up your child. Keep emergency numbers up to date by notifying the school of changes. In case of an emergency, this can save valuable time.

### **Children should be kept home from school for the following:**

When s/he is feeling so poorly that s/he cannot participate in all regular activities.

Has inflammation of the eyes with discharge. May return to school after 24 hours of antibiotic treatment.

Has diarrhea or vomiting the night before school or in the morning.

Has a fever of 100 degrees or higher the night before school or in the morning. The body's temperature is normally lowest in the morning, so although your child appears to be feeling better (and sometimes insists that s/he is better) s/he needs another day to recover. Children should be fever free for 24 hours without the use of fever reducing medicine before returning to school.

## SCHOOL ENTRANCE (HEALTH) REQUIREMENTS

Dear Parents,

Welcome to the Tisbury School. All new students are required to have a physical examination completed and signed by a doctor, and a record of all immunizations.

### Immunization Requirements:

- 5 Diphtheria, Pertussis, Tetanus
- 4 Polio
- 2 Measles, Mumps, Rubella
- 3 Hepatitis B
- 1 Chicken Pox (Immunization or history of disease)

Thank you very much. If I can be of any assistance, please call me at 696-6522.

Sincerely,

Catherine Coogan, School Nurse