

## Welcome to School 1

*This is intended to acquaint you and your family with the School 1 Health Office. Please keep it as a reference. If you have any questions or concerns during the school year, please feel free to call me. Your School Nurse: C. Ruchelsman, RN, BSN, NJ-SCN*

### Important Phone Numbers

Main Office 973- 470-2370 School Fax 973- 253-3237  
School Health Office 973- 594-4059 Clifton Health Dept. 973-470-5770

**Absences**-If your child is going to be absent from school- you should call the school/absence tape at 973-470-2370 by 9:00 am.

Please include your child's name, grade and/or teacher and reason for absence. A note stating the reason for the absence should be sent to school with your child on the first day he/she returns. Absences of more than 3 days or a hospital admission require a note from the doctor.

**Emergency Cards**- These will be distributed on the first day of school. They need to be fully completed and returned to school the next day. If these phone numbers change during the year, parents must send a note to school, indicating the new numbers so that we may notify you in case of illness or an emergency.

**Medication Policy**- If it is necessary for your child to take medication during school hours a *medication form must be completed by your physician and also signed by the parent.* "Medication" includes prescription and over the counter medication, including cough drops. Medication must be brought to school by the parent and in an original pharmacy labeled container. All medication will be kept in the Health Office and will not be sent home daily. Please do not give your child medication of any type to be kept in his/her backpack to be used if needed. It is against school Board policy and will be confiscated if found. **An 'Asthma action' form will be required for self-carry asthma inhalers and can be sent home when requested. All medication forms can also be found on the district website.**

***\*\*\*\*\* Please make sure to check the 'expiration dates' of any medications that you may provide for use in school in order to avoid being asked to have these medications replaced during the school year. \*\*\*\*\****

**Health Conditions**- Please notify the School Nurse of any new health conditions so that your child can be cared for properly. Medical documentation is also required. **Please see nurse**

for additional information and correct **forms that will need to be completed for special medical needs, such as asthma, “food” allergies and diabetes.**

**Food Allergies:** Medical documentation of the specific food allergies is requested/required along with the completed “Food Allergy and Anaphylaxis Emergency Care Plan” signed by both Medical Doctor and Parent. Please provide the prescribed (***check expiration dates***) emergency medication to be used if needed in its original pharmacy labeled container. In an effort to keep your child safe you will be asked to complete a checklist in September that will be shared with your child’s teacher. It is advised that you refer to the “wellness rules in school” list of approved snacks when you provide the requested “safe snacks” for use during the school year classroom celebrations. Safe snacks should be provided to the classroom teacher labeled with your child’s name. It is recommended that you provide “home” prepared foods for “breakfast/lunch”, if food allergies are an issue. We are unable to monitor school prepared foods that your child may eat or parent provided snacks for classroom celebrations. **Please** see the School Nurse for further information and any forms that may be needed.

*\*\*\*\*\*Also, it is important to keep us informed of any health /family changes (divorce, death, or serious illness) that could affect your child throughout the school year.*

**Health Screenings-** Students will have their heights, weights and blood pressures taken and will be screened for hearing and distance vision at appropriate grade levels. Fifth grade students will also be screened for Scoliosis. A referral notice will be sent home if the screenings indicate that there may be a problem and need follow-up with the doctor. Please return the referral in a timely manner once your child has been evaluated by a Physician.

### **When your Child is Sick**

When your child has been ill, use the following guidelines to determine if he/she is well enough to return to school:

- Your child should be fever free (less than 100 degrees F) for 24 hours without the use of fever-reducing medication, such as Tylenol or Motrin, before coming back to school.
- Please do not give your child medications such as Tylenol or Motrin in the morning and then send him/her to school. As soon as the medication wears off, your child will most likely not feel well and will need to be sent home anyway.
- If your child is sent home from school with a fever or because he/she was vomiting, please make sure to keep your child home from school the next day.
- Any child that vomits during the night or in the morning before school should be

- kept home until he/she has not vomited for 24 hours before coming back to school.
- If your child has been prescribed antibiotic medication for an illness (strep throat, pink eye, tonsillitis, etc.) please make sure that he/she has taken the medicine for at least 24 hours before coming back to school.

While we understand that school attendance is important, it is equally important that your child be well enough to get the best out to each school day. Your child will appreciate the extra rest at home and his/her classmates will appreciate not being exposed to illnesses unnecessarily.

If you have any questions about whether you should send your child to school, please contact your doctor or call the School Health Office.

Please check the school one website for important district information and any updates.

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