

Dear Parents/Guardians,

Enclosed are several tips from the Cedar Mountain Health Office.

1. Students who are not feeling well should NOT be sent to school. Parents/guardians will be notified if a child becomes ill at school. Your child will be sent home in cases of elevated temperature, if there is the possibility they are exposing others to infection, or if he/she feels so ill that they cannot participate in activities. Parents/guardians are responsible to provide transportation for sick students when they are notified.
2. Parents/guardians are requested to contact the school if your child will be absent. Please call the attendance line at (973) 764-8824. This line is available 24 hours a day, so that you may leave a message. If a message is not received, we will contact you to confirm your child's absence.
3. Any students returning from an absence must bring a note from a parent/guardian stating why the child was not at school.
4. Students returning to school after being diagnosed with a communicable illness (i.e., chicken pox, head lice, strep throat, pink eye, ringworm, impetigo, scabies) must be seen by the school nurse before returning to class. Also, a physician's note stating a child is clear to return to school is required for these specific conditions as well. It is our recommendation to keep your child home for 24 hours once an antibiotic, antifungal or scabicial treatment has been initiated.
5. A child with a confirmed case of head lice must be seen by the school nurse **prior** to riding the bus. Please see the Lice Handbook located on this Cedar Mountain Health Office website for more information.
6. If your child needs to take medications prescribed by a doctor while in school, you must bring the medication and the doctor's written order to the school nurse. The medication must be in its original prescription packaging, and labeled with the student's name and the name of the medication. ****PARENTS/GUARDIANS MUST DELIVER AND PICK UP ALL MEDICATIONS USED BY STUDENTS IN SCHOOL STUDENTS ARE NOT PERMITTED TO TRANSPORT MEDICATION TO AND FROM SCHOOL.**
7. If your child needs to self-administer his/her medication for a life-threatening condition (i.e., asthma, anaphylaxis) the parent/guardian must provide a written authorization from the student's physician indicating such. Parental hand-written notes will **not** be accepted. Parent/guardian must submit written certification from the physician that the student has a potentially life-threatening illness and is capable of and has been instructed in the proper use of the medication. This form is available from the school nurse, and also accessible via our website, www.vtsd.com.

8. Permission to self-administer one medication shall not be interpreted as permission to self-administer other medication. ***PLEASE NOTE: The Vernon Township School District, the Board and its employees or agents, shall incur no liability as a result of any injury arising from the self-administration of medication by the student.***

9. Medications will be administered by the school nurse, and locked in the Health Office. Exceptions to this rule include Epinephrine auto-injectors, which are stored in an unlocked cabinet outside the Health Office. As per NJSA18A:14-12.3-12.6. Epi-pens may be administered by designated Epinephrine delegates, in the absence of the school nurse. The school nurse conducts all training for the Epinephrine delegates. Parents who do not wish to have a delegate assigned to their child may indicate this on the Epinephrine Order sheet.

10. All activity excuses are submitted to and issued by the school nurse.

11. Exclusion from activities (gym and recess) is possible when the parent submits a written note for a 1-2 day excuse. Excessive parental requests for gym excuses may require a doctor's note.

12. Exclusion from activities (gym, walk/run and recess) for 3 or more days must be requested by your child's physician via a written note.

13. Students excused from gym will automatically be excused from gym, recess, and Field Day (if applicable).

14. All students are expected to participate in outdoor recreation periods. They must be properly dressed for the current weather conditions.

15. A physical exam is required for admission to school for all newly transferred students from out-of-district. Parents/guardians should be aware of the importance of obtaining a physical exam at least once during each developmental stage: early childhood (pre-k – 3rd grade), pre-adolescence (4th – 6th grade) and adolescence (7th – 12th grade).

16. Statutes of the State of New Jersey require full immunizations for all students prior to entering school. In cases of religious exemptions, a written letter by the parents indicating their decision based upon their religious beliefs must be received by the Vernon Township school district.

17. A Mantoux test is mandatory upon entering a school system in the United States for the first time and if student was born in, or transferring from, a country with high incidence of tuberculosis.

18. During the course of the school year, your child will have the following medical screenings conducted by the school nurse: (a) vision screening; (b) hearing screening; (c) height and

weight; (d) body mass index calculation (BMI); and (e) blood pressure screening. If your child does poorly on a screening, a referral letter will be sent home from the school nurse, and an evaluation by a specialist may be suggested.

19. A Lost and Found area is located in the Health Office. Please label all belongings (i.e. coats, jackets, hats, lunch boxes, etc.) to increase the likely return of misplaced items. All unclaimed items will be discarded or donated prior to Christmas break in December, and again at the end of the school year in June.

20. At the start of the school year, parents/guardians are offered the opportunity to purchase low-cost insurance from Bollinger's Insurance Company to cover student accidents and dental emergencies.

Requests for payment of medical bills shall not be presented to the Vernon Township Board of Education. The Board, as a public body, under the Statutes of the State of New Jersey, assumes no responsibility or liability for such claims for medical payments. Such payments are made only as a result of adjudication through the courts.

21. Please note that NJ FamilyCare provides free or low-cost health insurance for uninsured children and certain low-income parents. For more information, visit www.njfamilycare.org to apply online, or call 1-800-701-0710.

Thank you for your cooperation. If you should have any questions, please do not hesitate to call Kim Forrest, school nurse, at (973) 764-8781 or email at kforrest@vtsd.com.

Sincerely,

Kim Forrest, BA, RN, CSN
School Nurse