

Long Valley Middle School

Nurse's Office

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Frequently Asked Questions

1. When should I keep my child home from school?
2. What should I do if my child will be absent from school?
3. If my child needs to take medication (prescription or non-prescription) during school hours or on field trips, what is the procedure that needs to be followed?
4. What if my child needs to be excused from physical education?
5. How will I be contacted if there is an emergency?
6. What is necessary for my child to participate in interscholastic sports competition?
7. My family no longer has health insurance. How can I obtain health care coverage?

1. When should I keep my child home from school?

Healthy students make better learners: The school nurse recommends that your child should stay home if ANY of these symptoms exist:

- Temperature 100.4 or greater
- Fever within the last 24 hours
- Frequent hard coughing
- Vomiting
- Unexplained rash
- Drainage from eyes
- Presence of nits or live head lice

2. What should I do if my child will be absent from school?

When a student is late or absent because of illness, holiday, or an emergency, please notify the school by calling 908-876-3434 and use option #1. This number is available 24 hours a day, but please call before 9:00 am on the day of the absence.

3. If my child needs to take medication (prescription or non-prescription) during school hours or on field trips, what is the procedure that needs to be followed?

- NJ state law dictates that all medications must be administered by the school nurse. Your health care provider must provide written consent. The required form may be found at www.wtschool.org under “district information” and then “forms”.
- Dr. Frank, our school physician, will permit the administration of acetaminophen or ibuprofen on a limited basis. Please use the form found on the LVMS website under Nurse Information.

4. What if my child needs to be excused from physical education?

- Physical education is mandated in NJ. A parent request to be excused will be honored for 3 consecutive days. Beyond that a written note from the physician is required.
- A supervised elevator is available for use by persons in wheelchairs or using crutches. A medical note is requested indicating the reason and length of time necessary.

5. How will I be contacted if my child becomes ill or injured during the school day?

- The school nurse will contact you using the information you provide to the school. “Student Emergency Forms” are sent home each September. If any information changes please contact the school as soon as possible.

6. What is needed for my child to participate in interscholastic sports competition?

- All students intending to participate in interscholastic competition MUST have a physical examination by their private health care provider. The physical must be current within 365 days prior to the first practice/tryout session.
- State mandated forms are on the LVMS website under “Sports”.
- A permission slip and health history update is required for each sport. These forms are also found on the LVMS website.
- All physicals must be given to the school nurse prior to the first tryout to be considered for eligibility.

7. My family no longer has health insurance coverage. How can I obtain coverage?

- NJ Family Care is affordable health care coverage for uninsured children, couples, and even singles. Family Care is not a welfare program. It is a low cost health care through a variety of recognized maintenance organizations. For more information, please visit www.njfamilycare.org. or 1-800-701-0710