

Long Valley Middle School Health Office

Frequently Asked Questions (FAQs)

1. When should a child be kept 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. Who should I notify 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. Please call before 9:00 am on the day of the absence.
- A note from a physician explaining a student's absence for non-communicable illness of **more than 3 days** must be presented to the school nurse upon return to school.
- A student who has been absent due to a communicable disease must present a note from their physician stating they are **free of communicable disease**.

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

- Students are **not** permitted to self medicate during school hours.
- If your child needs to take non-prescription (over the counter) medication use Over the Counter Medication Permission Form. The school will provide this medication.
- If your child needs to take prescription medication use Prescription Medication Permission Form. *Parents must bring this medication to the school nurse in the original prescription bottle.*
- All medication orders must be renewed each school year.
- All medications left in the School Nurse's office at the end of the school year will be discarded appropriately.

4. My child has a serious food allergy and has an auto-injector prescribed. What should I do?

- Please contact the school nurse to discuss your child's allergy.
- Please also contact Mrs. Marcia Brenneman, cafeteria food services director, by email at mbrenneman@wtschools.org to discuss your child's specific food requirements.

All students who have potential for anaphylaxis and need to have an anti-histamine and/or auto-injector on standby in case of an emergency must have an Emergency Health Care Plan on file in the nurse's office. The EHCP must be completed by you and your physician or nurse practitioner. Use the Auto-Injector Permission Form

- The law permits a student to self carry their auto-injector and a single dose of an antihistamine such as Benadryl. **It is strongly encouraged that your child has this important life saving medication on their person at all times.** While eating is discouraged on busses it does happen. Also there are many activities that occur at the Middle School, both before and after school, where food may be consumed. A school nurse may not be present during these times. Therefore a delegate (teacher, coach, or club leader), who is trained to administer an auto-injector in an emergency, would be able to access your child's auto-injector if they were carrying it on their person. In addition you may provide a back-up auto-injector to be stored in the school nurse's office.
- The Middle School is NOT nut free. However a dedicated nut free table is available in the cafeteria for all lunch periods. Teachers are asked to refrain from serving food containing nuts of any kind in the classrooms and parents are asked to refrain from sending in foods containing nuts of any kind for classroom parties. Your child is permitted to bring products containing nuts to school for their own consumption during lunch.
- Resources for pouches to carry auto-injectors/inhalers are listed here for your convenience: www.allergyhaven.com, www.allergyessentialsusa.com, www.allergypack.com and www.allergyapparel.com

5. **My child has potential for anaphylaxis due to a severe allergy to bee stings, latex, medications or exercise induced . What should I do?**

- Contact the school nurse to discuss your child's specific allergy.
- See recommendations above and use the Auto-injector Permission Form.

6. **Is my child allowed to carry an inhaler for asthma?**

- Yes. **Having your child self carry & self administer their inhaler is encouraged at the Middle School.** With so many activities both before and after school a school nurse is not always present in the building. You may also provide a back up inhaler to be left in the school nurse's office.
- You will need to provide the school nurse with an Asthma Action Plan (AAP) which is completed by you and your physician or nurse practitioner. Please use Inhaler Permission Form
- The school nurse's office also maintains a nebulizer for student use. Parents are requested to provide tubing and medication for administration when necessary.
- Resources for pouches to carry an inhaler are listed here for your convenience: www.allergyhaven.com, www.allergyessentialsusa.com, www.allergypack.com, and www.allergyapparel.com

7. **My child has diabetes and needs to take insulin during school. What should I do?**

- Your child's endocrinologist will provide you with signed medical orders to be used for school. Please bring them to the school nurse prior to the first day your child will start attending school.
- Please bring any testing supplies and insulin to the school nurse prior to the first day your child will start attending school.
- Likewise please be sure to supply the school nurse with Glucagon and any snacks your child will need.
- Your child will report to the nurse's office prior to lunch time, or at other specified times, to perform glucose testing and administration of insulin.

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

- Physical education is mandated in NJ. A parent's request to have their child excused will be honored for 3 consecutive days; beyond that a written note from the physician is required. Students who are excused from PE may not participate in after school sports.

9. 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.

10. 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 performed by their private health care provider within 365 days of the first practice session. The examination must be submitted to the school nurse using the NJ Department of Education Pre-participation Physical Evaluation Form (which includes the History and Physical Examination Forms) at anytime during the school year but at LEAST one week prior to the first day of official practice.
- Once the physical form is submitted to the school nurse it will be reviewed for completeness by the school nurse. Any forms that are incomplete will be returned to the student's parents for completion. The school physician will also review the physical and determine a student's eligibility to participate.
- A NJ Health History Update Questionnaire is required of each student whose physical examination was completed more than 90 days prior to the first day of official practice.
- A permission slip is required for each sport.

11. 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

12. What are the new immunization requirements for 6th grade?

- Students entering grade 6 born on or after 09/01/08 need one dose of Tdap (also known as Boostrix, or Adacel). A child is NOT required to have a Tdap dose until FIVE years after the last DTP/DTaP dose.
- Students, who are 11 years old and in grade 6, should have one dose of Meningococcal (also known as Menactra or Menveo).
- **PROOF OF 6th GRADE IMMUNIZATIONS IS DUE BY THE FIRST DAY THEY ENTER 6TH GRADE. Please have your health care provider fax proof of immunization to 908-876-1407 to my attention Nancy Meara, RN, or mail them to my attention. Students are not always reliable in delivering documents so at the least place documents in an envelope addressed to the school nurse.**
- Students who do not meet this State mandated requirement *will be excluded from school until immunization requirements are met.*

13. **Will my child have vision, hearing, and scoliosis checked at school?**

- Yes, see schedule below. All abnormal results will be reported to parents by mail.
- Students in **6th grade** will have their height, weight, blood pressure, and vision checked by the school nurse.
- Students in **7th grade** will have their height, weight, blood pressure, hearing and scoliosis checked by the school nurse. *Parents must give written permission to the school nurse for scoliosis screening.* Please use the Scoliosis Screening Permission Form
- Your child will NOT be screened for scoliosis without parent permission.
- Students in **8th grade** will have height, weight, blood pressure and vision checked by the school nurse.

14. **When will I receive information regarding the 8th grade overnight field trip?**

- Information will be provided to you through your child's homeroom teacher and school nurse during April of your child's 8th grade year. Any medical questions should be directed to Kim Pinto, 8th grade nurse.

Last update 12/6/18