



WELCOME

At Saint Joseph School, our student's health/wellness is a vital concern to us. Therefore, we have a full-time nurse available every day from 7:30am - 2:30pm. Our nurse Ms. Bridget is here for students, their families and staff.

CONTACT INFORMATION

My goal is to team with you to ensure your child's health and safety while they are at school. Please do not hesitate to contact me regarding any questions or concerns you may have.

Bridget Barisano BSN, RN

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ATTENDANCE

If your child is going to be absent due to an illness please call the nurse. If you are calling before or after school hours, please leave a message stating your child's name, grade and the reason your child will be absent.

If your child was absent due to an illness and needed to see a doctor, please remember to bring (or send in with the student) a doctor's note. Please notify the nurse of any contagious illness diagnosed by a doctor such as strep throat, chicken pox, conjunctivitis, etc.

KEEP CHILD HOME OR DISMISSALS BY THE NURSE

The following guidelines should be followed when determining whether a child is well enough to attend school. Keep your child home if he/she has:

- **FEVER** - A child may not attend school with a temperature over 100.4°F. Children should be fever free without medication for 24 hours before returning to school. (If your child is dismissed during school hours with a fever of 100.4° or higher, it is the school's policy that they remain home the following day if it is a school day.
- **VOMITING OR DIARRHEA** - A child with diarrhea and/or vomiting should stay home and return to school only after being symptom free for 24 hours.

- **COUGH** - A child who is unable to sleep due to cough or a child that has an uncontrollable cough should remain home.
- **RASH** - A child should remain home if they develop a rash that is blistered or has discharge. Children should stay home until rash is diagnosed as not contagious or child is rash free.
- **PINK EYE** - Following a diagnosis of conjunctivitis, the child may return to school 24 hours after the first dose of prescribed medication.
- **ANTIBIOTICS** - Children should be on prescribed antibiotics for a period of 24 hours before returning to school
- **HEAD LICE** - Upon notification of suspected cases of head lice, the school nurse will examine the student and determine an infestation. The parent/guardian will be notified via phone. Students may return to school the next day following treatment. Children returning to school after treatment for head lice will be examined by the school nurse to verify absence of live lice prior to entering the classroom. If live lice are present, student must be retreated at home before being rechecked by school nurse.

MEDICATIONS

Please inform the nurse if you give your child medication before school hours that may affect them throughout the day such as Children's Benadryl, Tylenol or Advil. These medications can either cause drowsiness and/or reduce a child's fever for up to 6-8 hours. It is important for the nurse to be able to distinguish whether your child is experiencing symptoms or possible side effects in order to provide your child with the appropriate care.

Students are **not allowed** to carry any medications (including inhalers) in school.

If a student requires medication to be given during the school day, the parent/guardian must contact the school nurse and the following is required:

- A written, signed and dated order from a licensed physician.
- A parent/ guardian signed consent authorizing the dispensing of prescription medication *
- Medications must arrive in the original container with a pharmacy label intact
- The pharmacy labeled container may be used in lieu of a physician order only for short term prescription medications.

Requests from parents to administer over the counter, non-prescription medications must include the following:

- An Over-The-Counter medication authorization form *
- The medication must arrive in its original packaging
- No student shall carry or self-administer medication during school hours.

*Parental Consent and Over-The-Counter medication authorization forms can be found below

If your child is on medication that is to be taken three times a day such as antibiotics, please administer it before school in the morning, after school and before bedtime. If the child attends the EDP then the school nurse can administer medication at dismissal time.

Parent/guardian will be advised to pick up any unused portions of the medicine at the end of the school year, if the student transfers to another school, or if the medication is out of date. If the

parent/guardian chooses not to pick up the unused or expired portions of the medication, it will be disposed of according to the local board of health policy.

ALLERGIES

Please notify the school nurse if your child suffers from a food, medication or environmental allergy. Due to allergy and safety concerns, as there are several children in our school who have specific food allergies:

- Food may not be sent to class to celebrate a child's birthday or special occasions/holidays.
- Students should not share food.

HEALTH SCREENINGS

Health screenings are conducted throughout the school year as required by the Department of Public Health and Massachusetts General Laws. Parents may refuse to have their child screened by the school nurse but must provide written notification of their request and documentation that their child has been examined by their primary care provider. All information is confidential and parents will be notified if an abnormal finding is found.

- **HEARING SCREENING:**
Hearing screenings will be held for students in grades K, 1, 2, 3, and one middle school grade.
- **VISION SCREENING:**
Vision screenings will be held for students in grades K, 1, 2, 3, 4, 5 and one middle school grade. Follow Massachusetts Department of Health guidelines.

IMMUNIZATIONS AND YEARLY PHYSICALS

It is important to keep your child's medical records up to date. To maintain protection from communicable diseases, identify your child's health needs and promote health safety in school, the school nurse will review your child's health records to ensure they are up to date. In order to stay in compliance, your child must be properly immunized per state mandate, and have a yearly physical. All updated information must be brought into the nurse's office.

The following is a list of health requirements required by the Massachusetts Department of Public Health for entry of students into school;

PRE-SCHOOL:

- Physical Exam: completed within the last 12 months
- Lead Screening with results
- Tuberculosis skin test or risk assessment
- Immunizations:
 - Hepatitis B: 3 doses (last dose after 6 months of age)
 - DTAP(Diphtheria, Tetanus, Pertussis): 4 doses
 - Polio: 3 doses
 - HIB (H influenza bacteria): >3 doses
 - MMR (Measles, Mumps, Rubella): 1 dose
 - Varicella (Chickenpox): 1 dose

KINDERGARTEN:

- Physical Exam: completed within the last 12 months
- Lead Screening with results
- Tuberculosis skin test or risk assessment
- Vision Screening with stereopsis exam
- Immunizations:
 - Hepatitis B: 3 doses (last dose after 6 months of age)
 - DTAP(Diphtheria, Tetanus, Pertussis): 5 doses
 - Polio: 4 doses
 - HIB (H influenza bacteria): >3 doses
 - MMR (Measles, Mumps, Rubella): 2 doses
 - Varicella (Chickenpox): 2 doses

GRADES 1 - 6:

- Physical Exam: completed within the last 12 months
- Tuberculosis skin test or risk assessment
- Immunizations:
 - Hepatitis B: 3 doses (last dose after 6 months of age)
 - DTAP(Diphtheria, Tetanus, Pertussis): 5 doses
 - Polio: 4 doses
 - HIB (H influenza bacteria): >3 doses
 - MMR (Measles, Mumps, Rubella): 2 doses
 - Varicella (Chickenpox): 2 doses

GRADES 7 & 8:

- Physical Exam: completed within the last 12 months
- Tuberculosis skin test or risk assessment
- Immunizations:
 - Hepatitis B: 3 doses (last dose after 6 months of age)
 - DTAP(Diphtheria, Tetanus, Pertussis): >4 doses
 - Tdap
 - Polio: 4 doses
 - HIB (H influenza bacteria): >3 doses
 - MMR (Measles, Mumps, Rubella): 2 doses
 - Varicella (Chickenpox): 2 doses