

*STUDENT HEALTH  
REQUIREMENTS*

*A GUIDE FOR  
WALLINGFORD PARENTS*

HEALTH SERVICES DEPARTMENT  
WALLINGFORD PUBLIC SCHOOLS

## **PRESCHOOL**

Children entering after age 3 but before age 5 (36-59 months)

- **Health Assessment:**

- Physical exam must be submitted **prior** to attending school, for each year that the child is enrolled in the Preschool.
- The physical examination must occur between January 1<sup>st</sup> and the program's start in the year the child enters the program.
- The results of this exam **must** be recorded on a State of Connecticut yellow Pre-K Health Assessment Form.

- **Tuberculosis Screenings**

- As part of the health assessment, the student is screened for tuberculosis risks.
- If the student is low risk, it must be recorded as low risk on the health assessment form.
- If the student is high risk for TB, then the results of a PPD or Tine test must be recorded on the health assessment form.

- **Immunizations**

- DTaP: An initial series of 4 shots of Diphtheria, Pertussis and Tetanus.
- POLIO: 3 Doses
- MMR: 1 dose on or after the 1<sup>st</sup> birthday
- Hep B: 3 doses Hepatitis B Vaccine, last one on or after 24 weeks of age
- HIB: 1<sup>st</sup> dose on or after the 1<sup>st</sup> birthday.
- Varicella: 1 dose on or after the 1<sup>st</sup> birthday or verification of disease
- Pneumococcal: 1 dose on or after the 1<sup>st</sup> birthday
- Hepatitis A: 2 doses given six months apart, 1<sup>st</sup> dose on or after 1<sup>st</sup> birthday
- Influenza: 1 dose administered each year between August 1 – December 31<sup>st</sup> (2 doses separated by at least 28 days required for those receiving flu for the first time)

## **KINDERGARTEN**

The student must be at least five years of age on or before January 1 of the entering school year.

- **Health Assessment**

- Physical exam must be submitted **prior** to attending school.
- The physical examination must occur between January 1<sup>st</sup> and the program's start in the year the child enters the program.
- The results of this exam **must** be recorded on a State of Connecticut blue Health Assessment Form.

- **Tuberculosis Screenings**

- As part of the health assessment, the student is screened for tuberculosis risks.
- If the student is low risk, it must be recorded as low risk on the health assessment form.
- If the student is high risk for tuberculosis, then the results of a PPD or Tine test must be recorded on the health assessment form.

- **Immunizations**

- DTaP: At least 4 doses. The last dose must be given on or after the 4<sup>th</sup> birthday
- POLIO: At least 3 doses. The last dose must be given on or after the 4<sup>th</sup> birthday
- Hep B: 3 doses, last dose on or after 24 weeks of age
- MMR: 2 doses separated by at least 28 days, 1<sup>st</sup> dose on or after the 1<sup>st</sup> birthday.
- Hib: 1 dose on or after 1<sup>st</sup> birthday for children less than 5 years old
- Varicella: 2 doses separated by at least 3 months – 1<sup>st</sup> dose on or after the 1<sup>st</sup> birthday, or verification of disease
- Pneumococcal; 1 dose on or after the 1<sup>st</sup> birthday for children less and 5 years old. **Not a requirement for K entry until 8/1/12.**
- Hepatitis A: 2 doses given six months apart, 1<sup>st</sup> dose on or after 1<sup>st</sup> birthday **Not a requirement for K entry until 8/1/12.**

## **GRADE 1,2.3.4,5,**

- **Health Assessment:**
  - Not required unless new entry from foreign country
- **Tuberculosis Screenings**
  - Not required unless coming into district from high risk country
- **Immunizations**
  - DPT/DTap: At least 4 doses. The last dose must be given on or after the 4<sup>th</sup> birthday
  - POLIO: At least 3 doses, he last dose must be given on or after the 4<sup>th</sup> birthday
  - MMR: 2 doses of separated by at least 28days, 1<sup>st</sup> dose on or after the 1<sup>st</sup> birthday
  - Hep B: 3 doses, last dose on or after 24 weeks of age
  - Varicella: 1 dose on or after the 1<sup>st</sup> birthday or verification of disease

## **GRADE 6**

- **Health Assessment:**

- A physical exam **must** be completed by the child's physician during the period between July 1<sup>st</sup> and June 1<sup>st</sup> of their 6<sup>th</sup> grade year.
- The State of Connecticut School Physical Form **must** be completed by the parent or guardian and the physician, physician assistant, or nurse practitioner.
- The form should be submitted to the school nurse **by June 1 of the 6<sup>th</sup> grade year.**

- **Tuberculosis Screenings**

- As part of the health assessment, the student is screened for tuberculosis risks.
- If a student is low risk, it must be recorded as low risk on the health assessment form.
- If the student is high risk for tuberculosis, then the results of a PPD test must be recorded on the health assessment form.

- **Immunizations**

- TDap/Td: 1 dose required but must have completed primary DTaP series
- POLIO: 3 doses. The last dose must be given on or after 4<sup>th</sup> birthday
- MMR: 2 doses separated by at least 28 days, 1<sup>st</sup> dose on or after the 1<sup>st</sup> birthday.
- Hep B: 3 doses, last dose on or after 24 weeks of age
- Meningococcal: 1 dose needed prior to entry into grade 7
- Varicella: 2 doses separated by at least 3 months- 1<sup>st</sup> dose on or after the 1<sup>st</sup> birthday, or verification of disease

## **GRADE 7**

- **Health Assessment:**

- Required for entry into grade 7

- **Immunizations**

- Tdap/TD 1 dose required but must have completed primary DTaP series
- POLIO: At least 3 doses. The last dose given on or after 4<sup>th</sup> birthday
- MMR: 2 doses separated by at least 28 days, 1<sup>st</sup> dose on or after the 1<sup>st</sup> birthday.
- Hep B: 3 doses, last dose on or after 24 weeks of age
- Varicella: 2 doses separated by at least 3 months – 1<sup>st</sup> dose on or after the 1<sup>st</sup> birthday, or verification of disease
- Meningococcal: 1 dose needed prior to entry into grade 7

- **Sports Physical:**

- A yearly pre-participation physical exam is required for any student to participate in an interscholastic sport or weight training.
- The sports physical form **must** be submitted to the nurse's office by June 1<sup>st</sup> of the school year **prior** to participation in any sport or in weight training. This means that the form must be received **before** the student can attend tryouts or the first practice.
- The sports physicals are valid from June 1<sup>st</sup> of the given year until June 30<sup>th</sup> of the following year.

- **SEE SPORTS PHYSICAL PAGE**

## **GRADES 8, 9, 11 & 12**

- **Health Assessment:**
  - Not required unless entry from foreign country
- **Tuberculosis Screenings**
  - Not required unless entry into district from a high risk country
- **Immunizations**
  - Td/Tdap: At least 3 doses. The last dose must be given on or after 4<sup>th</sup> birthday. Students who start the series at age 7 or older only need a total of 3 doses one of which should be Tdap.
  - POLIO: At least 3 doses. The last dose must be given on or after 4<sup>th</sup> birthday.
  - MMR: 2 doses separated by at least 28 days, 1<sup>st</sup> dose on or after the 1<sup>st</sup> birthday.
  - Hep B: Must have 3 doses on or after 24 weeks of age
  - Varicella: For student < 13 years of age, 1 dose given on or after the 1<sup>st</sup> birthday; for unvaccinated students 13 years of age or older, 2 doses given at least 4 weeks apart; or verification of disease
- **Sports Physical:**
  - A yearly pre-participation physical exam is required for any student to participate in an interscholastic sport or weight training.
  - The sports physical form **must** be submitted to the nurse's office by June 1<sup>st</sup> of the school year **prior** to participation in any sport or in weight training. This means that the form must be received **before** the student can attend tryouts or the first practice.
  - The sports physicals are valid from June 1<sup>st</sup> of the given year until June 30<sup>th</sup> of the following year.
- **SEE SPORTS PHYSICAL PAGE**

## **GRADE 10**

- **Health Assessment**
  - Physical exam **must** be done between July 1<sup>st</sup> of the 10<sup>th</sup> grade year but before June 1<sup>st</sup> of the 10<sup>th</sup> grade year.
  - The State of Connecticut School Physical Form **must** be completed by the parent or guardian and the physician, physician assistant, or nurse practitioner.
  - The form must be submitted to the school nurse by June 1<sup>st</sup> of the 10<sup>th</sup> grade year.
- **Tuberculosis Screenings**
  - As part of the health assessment, the student is screened for TB risks.
  - If a student is low risk, it must be recorded as low risk on the health assessment form.
  - If the student is high risk for tuberculosis, then the results of a PPD test must be recorded on the health assessment form.
- **Immunizations**
  - Td/Tdap: At least 3 doses. The last dose must be given on or after 4<sup>th</sup> birthday. Students who start the series at age 7 or older only need a total of 3 doses one of which should be Tdap.
  - POLIO: At least 3 doses. The last dose must be given on or after 4<sup>th</sup> birthday.
  - MMR: 2 doses separated by at least 28 days, 1<sup>st</sup> dose on or after the 1<sup>st</sup> birthday.
  - Hep B: 3 doses, last dose on or after 24 weeks of age
  - Varicella: For students <13 years of age or older, 1 dose given on or after 1<sup>st</sup> birthday; for unvaccinated students 13 years of age or older, 2 doses given at least 4 weeks apart; or verification of disease
- **Sports Physical**
  - While a yearly physical exam is required for participation, it is NOT acceptable in place of the State of Connecticut mandated 10<sup>th</sup> grade health assessment.
- **SEE SPORTS PHYSICAL PAGE**



## Health Assessment & Immunization Schedule for Foreign Exchange Students

- **Health Assessment:**
  - Must be submitted **PRIOR** to attending school.
  - Must meet the Connecticut requirements.
  - Exams done up to 12 months prior to registration are acceptable.
  - However, if a student wishes to play sports, it is recommended that the exam be done in the summer to last the entire school year.
- **Tuberculosis**
  - PPD test results must be included on the health assessment form.
- **Immunizations:**
  - Check requirements per grade level entry

## Out of State Transfers/New Enrollees

- **Health Assessment:**
  - Must be submitted **PRIOR** to attending school.
  - Must meet the Connecticut requirements for the mandated health assessment for initial entrance, grade 6 and grade 10.
  - Preference is out of state physician to complete State of Connecticut mandated health assessment form.
- **Immunizations**
  - Check requirements for grade level entry

## **Health Screening vs. Sports Physical Sports Physical/Interscholastic Sports**

- The Wallingford Board of Education does not stipulate the nature of the examination that the physician must perform in order to clear a given individual.
- However, the Wallingford Board of Education recommends the CT guidelines on Sports Medicine in the School be followed, with the sports physicals having special emphasis on the cardiovascular and musculoskeletal systems.

### **Physical Exam**

- The sports physical exam is good for June 1 of the present year until June 30 of the following year. We have made no determination of when the physical exam need be performed to complete this form. That is up to your physician's judgement. However, most authorities, including the Connecticut Guidelines on Sports Medicine in Schools recommend annual exams with special emphasis on the cardiovascular and musculoskeletal systems.
- **Medical History**
  - To be completed by the parent **PRIOR** to the student seeing the physician for the physical exam.
- **Permission Form**
  - The parent must sign the permission form.
  - Emergency information must be completed.
  - The permission form will cover any sport played by the student for the current year, unless otherwise indicated by the parent.
- **Emergency Medical Authorization**
  - Must be signed by the parent
- **Athletic Responsibility Acknowledgment**
  - Must be signed by the parent and the student.
  - The player, **before** the start of tryouts or practice **MUST** return the completed packet to the school nurse for 7<sup>th</sup> and 8<sup>th</sup> grade sports, and to the Athletic Director during the summer and the school year for grades 9-12. **There will be no exceptions made.**
  - The school nurse will review all physical and medical history forms.
  - The Coaches will receive an eligibility list and will be notified of any ineligible player. The parents will also be notified if their child is missing any of the information listed above.

### **Injuries**

- **The coaches AND the player must report all injuries to the nurse the following day.** If the student is evaluated by a physician, written release before participation in the sport may be resumed. (The form can be obtained from the coach or Athletic Director).

## Physical Examinations

### Health Screening:

- Each student must have a complete physical examination including hematocrit, urinalysis, vision and hearing screening, scoliosis screening, height and weight, pulse, blood pressure measurements and a chronic disease assessment before entering the pre-kindergarten programs as well as before the start of kindergarten.
- These examinations must occur between January 1<sup>st</sup> and the program's start in the year the child enters the program.
- Students must also have complete physical examinations in the period between July 1 and June 1 of their 6<sup>th</sup> grade year, and in the period of July 1 and June 1 of their 10<sup>th</sup> grade year.
- A standard State of Connecticut School Physical Form shall be completed by the student's parent(s) or guardian(s) and the student's physician, physician assistant or nurse practitioner.
- The form must be submitted to the nurse at the student's school prior to the start of kindergarten, 7<sup>th</sup> grade or 11<sup>th</sup> grade. **Failure to do so will prevent the student from entering kindergarten or advancing to the next grade.**
- The School Medical Advisor may require a tuberculosis test as part of the physical examination for students in high-risk situations.
- The student's primary care physician, physician assistant or nurse practitioner should carry out the physical exams. If the student's family cannot afford an exam by a private physician, the student's family may request a physical examination from the school physician. In order to determine eligibility, all requests for physical examinations by the school physician are to be made to the Principal of the student's school. If approved, the principal will notify the office of the "Assistant Superintendent for Personnel" who, in turn, will notify the school physician of the student's eligibility.
- If a physician returns a physical assessment form without the above items completed the student's physical exam will be considered incomplete and a copy of the form will be returned to the parent for completion by the physician who performed the physical.
- Once the physical assessment form is completed, it should be returned to the nurse at the school to which your child will be attending classes.

### Immunizations:

- Before a physical exam can be considered complete and the terms of this policy met, the child's immunizations must also be up-to-date according to the state regulations.
- The state regulations are listed in this information packet under each grade level.

## Medication Administration in School

A Medication Authorization Form is required **each** time any medication is to be administered in school. This form is required by the State of Connecticut and the Wallingford Board of Education, should your child require medication for the upcoming year.

- **The Form:**
  - **Must** be signed by the authorized prescriber who orders the medication.
  - **Must** be signed by the parent.
- **The Medication:**
  - **State law requires that** medication **MUST** be brought in by a parent or other responsible adult over the age of 18, and given directly to the nurse.
  - This person must remain to count the medication and to sign the Medication Administration Sheet verifying the medication count.
  - The medication **must** be in a pharmacy bottle, properly labeled if it is a prescription.
  - Samples **must** be labeled by the authorized prescriber who orders the medication.
  - If it is an over-the-counter medication (i.e. Tylenol, Tums, cough drops, etc) the medication **must** be brought in the original unopened container.
  - Any medication remaining **must** be picked up by a parent or other responsible adult by the last day of school or within one week when a medication is discontinued.
  - Students are permitted to carry on their person and self-medicate asthma inhalers and Epi-pens provided the appropriate medication authorization forms are on file in the nurse's office and the student has demonstrated the ability to self- medicate correctly.
  - Students may self-administer insulin through injection or insulin pump provided the appropriate medication authorization forms are on file in the nurse's office.

**In Town Transfer Students  
Parochial to Public  
Public to Parochial**

- **Health Assessment:**
  - Must have met the requirements for State of Connecticut mandated health assessment for initial entrance, grade 6 and grade 10 **before** the start of the succeeding grade.
- **TB Screening:**
  - Students who enter Wallingford from cities determined by the State of Connecticut to be high risk for tuberculosis must submit results of a PPD test prior to the start of school.
- **Immunization:**
  - Refer to individual grade requirements.

**In State Transfer Students**

- **Health Assessment:**
  - Must have met the requirements for State of Connecticut mandated health assessment for initial entrance, grade 6 and grade 10 **before** the start of the succeeding grade.
- **TB Screening:**
  - Students who enter Wallingford from cities\* determined by the State of Connecticut to be high risk for tuberculosis must submit results of a Mantoux test prior to the start of school.
- **Immunization:**
  - Refer to individual grade requirements.

## Exclusion for Illness Policy

This policy has been adopted from the Center for Disease Control, and is used through out the Wallingford Public School System. This includes preschool, elementary, middle and high schools. Children become sick quickly, and infections spread easily among children. With this in mind, please look for any of the symptoms as outlined below that would require your child to remain home for the day or to be removed from the school setting. When in doubt, I encourage you to keep your child at home for the day. This will aid in preventing an outbreak of illness among all of the children.

### Symptoms Requiring Your Child to Remain at Home or Be Removed from the Classroom

- Fever:** Fever is defined as having a temperature of 100°F or higher, taken in the ear or under the arm, 100.4°F or higher taken orally. The child **MUST** be **FEVER FREE** for a **minimum of 24 hours** before returning to school.
- Diarrhea:** Runny, watery or bloody stools.
- Vomiting:** 2 or more times in a 24-hour period.
- Body Rash With Fever:** Body rashes in children can be common. However, if the rash is accompanied by a fever, the child should remain home until the rash is diagnosed or resolves.
- Sore throat:** If your child is diagnosed with Strep Throat, the child must **be on antibiotics for a minimum of 24 hours before returning to school.**
- Eye Discharge:** Thick mucous or pus draining from the eye, or "Pink Eye."
- Irritability:** Child is irritable, continuously crying, or requires more attention than the teacher can give without hurting the health and safety of other children in the classroom.
- Earache:** Children experience extreme pain with earaches and should remain home.
- Runny Nose:** Children experience runny noses frequently during the winter and spring months. However, if your child has **thick yellow or green discharge, requires frequent/constant wiping of the discharge or has an excessive uncontrollable cough** the child should remain home.
- Head Lice:** When a case of lice is identified, the student will be sent home where he or she should be treated and **all** of the nits removed. The Wallingford School System has adopted a **"No Nits Policy."** For a student to return to the classroom, the parent will need to sign a form stating that the student has received proper treatment for lice. The student should be retreated in seven days.

## The Health Summary Form

The Health Summary Form is an adjunct to the PPT and 504 paperwork.

Section 504 of the Rehabilitation Act has been a federal law since 1973. Within the last decade, the Office for Civil Rights (OCR), charged with enforcing of Section 504 has become pro-active in the field of education of individuals with disabilities.

Section 504 of the Rehabilitation Act prohibits discrimination against persons with disabilities, including both students and staff members. The Individuals with Disabilities Education Act (IDEA) defines as eligible only those students who have certain specified types of disabilities and who, because of one of those conditions, need special education (specially designed instruction). Section 504, on the other hand, protects all qualified students with disabilities, defined as those having any physical or mental impairment that substantially limits one or more major life activity (including learning).

The Section 504 evaluation must accurately and completely assess the nature and extent of the disability, and the recommended services must be made by a group of persons knowledgeable about the student. The group as a whole should review the nature of the disability, how it affects the student's education, whether specialized services are needed, and if so, what those services are.

The Health Summary Form allows the health services department to accurately assess the detail a student's medical condition, provide information about the disability if need be, and report on the student's health process up to the date of the meeting. Health Services should be involved in all 504 meetings, as the reason for the meeting is to discuss a student's medical condition and how it is impacting the education of the student. When there is a PPT meeting scheduled, and the student has a medical disability as specified under the IDEA that makes the student eligible for special education (specifically designed instruction), those students should also have a Health Summary completed.