

3rd Grade Orientation

Health Office Requirements

Health Forms and Health Office Information can be found on the Medford Lakes District website under the “Department” tab. Select Health Services

Required Health Office Documents

YEARLY PHYSICAL

- 6th Grade Students are required to have a yearly physical prior to starting the school year.
- Due Date: 9/23/2022
- Click on link to be directed to the [Universal Health Physical Form](#)

Note: If your child is not due for his/her annual physical, please supply the Health Office with a note including the date and time of his/her appointment no later than 9/23/2022

Consent for Health Services/Yearly Health Update Form

- Medford Lakes requires the Yearly Health and Health Services Consent Form to be completed no later than 9/23/2022

Link: [Consent for Health Service/Yearly Health Update Form](#)

Consent for Over The Counter Medications

- Medford Lakes School District requires the OTC consent form to be completed and returned to school
- All OTC medications of been approved by the Medford Lakes School District Physician

Approved Medications:

Acetaminophen (Tylenol)
Ibuprofen (Motrin)
Diphenhydramine (Benadryl)
Throat Lozengers/Cough Drops
Antacid Tablets (Tums)

Link: [Consent for OTC Medication](#)

Medication Forms

All forms can be found on the District website under Health Services

Medication Administration

New Jersey State law PROHIBITS administration of ANY medication, including "over - the- counter" medication without a DOCTOR'S ORDER.

- All medications MUST be in its original container with the student's name and valid expiration date
- Medications must be handed to the school nurse by a parent/guardian

****STUDENTS ARE NOT PERMITTED TO CARRY THEIR OWN MEDICATION INCLUDING OTC****

Link: [Medication Administration Order Form](#)

Asthma Action Plan

- If your child has Asthma and needs and inhaler or nebulized treatments during the school day, a physician **MUST** complete an [Asthma Action Plan](#)
- With physician authorization only, students may be permitted to self carry their inhaler

****NOTE: A new Asthma Action Plan needs to be completed for every school year****

Link: [Asthma Action Plan](#)

Allergy Action Plan

- If your child has a life threatening allergy and requires an EpiPen, a physician **MUST** complete and [Allergy Action Plan](#).
- In the case that the school nurse is not immediately available, parents can opt to have a trained delegate to administer an EpiPen to your child by completing the [Delegate Form](#).
- With physician authorization only, students may be permitted to self carry their EpiPen

****NOTE: A new Allergy Action Plan needs to be completed for every school year****

Link: [Permission for EpiPen Delegate](#)
Link: [Allergy Action Plan](#)

Health Office Need To Knows



Attendance

If your child will be absent from school, please call the school to report his/her absence and reason why.

Excused Absences: please provide a parent/doctor note with the reason your child was absent. Attendance will be updated according to the district's policies.

REMINDER: If your child is absent for 3 or more consecutive days, a doctor's note is required.

Physical/Injury Restrictions

If your child has an injury and is unable to participate in gym or recess, please send in a doctor's note stating the restrictions and length of time.



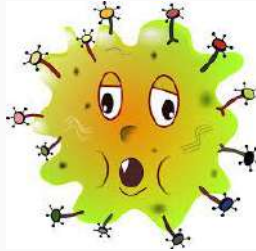
Snacks

Snacks will **ONLY** be for 3rd and 4th Grades

Please be sure that your child has a good night's sleep and has breakfast in the morning. Please send a healthy snack to school with your child every day.

ALL CLASSROOMS ARE PEANUT/ TREE NUT FREE

Health Office Need To Knows Continued



When to Keep Your Child Home

Fever 100.0 or higher

Vomiting x1

Diarrhea (2 or more episodes)

Symptoms that keep your child from participating in school:

- Moderate/Severe Lethargy (Tiredness) and/or lack of appetite
- Cough that cannot be controlled
- Headache, body aches, lethargy
- Sore throat with the following symptoms: headache, stomachache, or rash (may be indicative of strep throat)

Medications

All medication must be brought to school in the original labeled container prepared by the pharmacy, doctor, or pharmaceutical company (i.e., no envelopes, foil, or baggies).

All medication must have a valid expiration date

All medication must be given to the Health Office by a parent/guardian

24 HOUR RULE

- **FEVER:** Keep your child home until fever free **WITHOUT** the aid of medicine for 24 hours.
- **VOMITING and DIARRHEA:** Keep your child home for 24 hours from the **LAST** episode of vomiting and/or diarrhea.
- **ANTIBIOTICS:** Keep your child home for 24 hours after the **FIRST** dose of antibiotics.

Summary

3rd Grade Checklist

This presentation can be found on the Medford Lakes District Website under Health Services

3rd Grade Medical Form Checklist

Yearly Health Update/Permission for Health Services Form

☐ Due by 9/23/2022

This form provides the Health Office an updated medical history for your child as well as consent for treatment for health related service

Consent for Over the Counter Medications

☐ Due by 9/23/2022

Allows consent for the Medford Lakes School District approved OTC medications to be given by Health Office personnel

Medication Administration Form

☐ Due 2022/2023 School Year

This form **MUST** be completed by a physician prior to any medication being administered at school or camp.

IE: ADHD medications, Allergy medications, Supplements, Seizure medications

Asthma Action Plan/Allergy Action Plan

☐ Due 2022/2023 School Year

These forms are required to completed by a physician if your child has Asthma or an Allergy that requires the use of medication