

# Town of Fairfield

Fairfield, Connecticut 06824

Public Health Nursing  
100 Mona Terrace

Telephone  
(203) 256-3150  
Fax (203) 256-3172

## **Fairfield School Health Policies and Programs for Unquowa School, Southport School, Fairfield Country Day, Giant Steps, Notre Dame, Fairfield Prep**

Below is a summary of health policies, procedures and programs for students enrolled in the Fairfield public and nonpublic schools. If you have questions regarding this information, please contact the school nurse.

### **ADMINISTRATION OF MEDICATIONS TO STUDENTS WHILE IN SCHOOL**

The following requirements apply to all prescription and over-the-counter medications in school:

#### **When may medications be given to students in school?**

Medication shall only be administered in school when it is not possible to achieve the desired effects by home administration.

#### **Who may administer medications to students?**

Medication will be administered in school by the school nurse or, in the absence of the nurse, by other qualified school personnel who are trained by the school nurse. Self administration of medications by students may be permitted when certain requirements are met. For further information on self administration of medication, contact the school nurse.

Also, parents may come to school to administer medications to their child if needed. However, the requirements below must be met whenever medication is to be administered by the school nurse, other school personnel, or self-administered by the child.

#### **What about emergency medications?**

If your child has a health condition requiring administration of emergency medication, such as a life-threatening allergy, you should contact your school nurse immediately so that the necessary authorizations and medication are available.

Also, emergency medications including epinephrine and instant glucose may be administered in school by qualified personnel in accordance with the school Protocol for Emergency Medications.

#### **What forms are needed for medication administration?**

Medical Authorization - Written authorization from an authorized prescriber, i.e., a physician or dentist licensed to practice in the United States, or a Physician's Assistant, Advanced Practice Registered Nurse, Optometrist, or Podiatrist for intramural and interscholastic sports only, licensed to practice in Connecticut, must be provided before the initial dose may be given. The authorization form may be obtained from the school nurse.

Parental Authorization - Written authorization from the child's parent must be provided before the initial dose may be given. The authorization form may be obtained from the school nurse.

#### **How should medication be packaged when it is brought to school?**

Prescription medications must be provided in pharmacy prepared containers which are properly labeled with the name of the child, drug, strength, dosage, frequency, authorized prescriber's name, and date of prescription. Over-the-counter medications must be in their original pharmacy container and labeled with the child's name.

#### **How should medication be delivered to the school?**

All medications (except those approved by the school nurse for self administration by students) shall be delivered to the school by the parent or other responsible adult.

**What happens to medication that is unused, discontinued, or obsolete:**

Such medications shall be returned to the parent. Such medications that are not picked up by the parent within one week of notification by the school nurse, or by the last day of school, shall be destroyed.

**HEALTH ASSESSMENTS (PHYSICAL EXAMINATIONS) AND TUBERCULIN TESTS**

All students must be in compliance with the health assessment requirements below to attend school.

**Preschool and Kindergarten Students**

All students registering for the first time in preschool programs and kindergarten programs in the Fairfield schools must provide evidence of a completed health assessment before entrance into school. Health assessments for all preschool and kindergarten students must have been done *on or after* August 15<sup>th</sup> of the school year preceding entry into these grades.

**New Students in Grades 1 through 12**

Students in grades 1 through 12 registering for the first time in Fairfield schools must provide evidence of a completed health assessment before entrance into school. The health assessment must have been done as recently as the last required health assessment for the student's grade level. The school nurse will inform you of the acceptable time frame for your child's health assessment.

**Students in Grades 6 and 9**

In addition to the above, all students must provide evidence of a completed health assessment in grades 6 and 9. Parents will be asked to submit these health assessments to the school during your child's sixth and ninth grade years. Notre Dame and Fairfield Prep students must submit a current health assessment prior to 9<sup>th</sup> grade entrance

**Un-graded Students**

Un-graded students must provide evidence of a completed health assessment before initial entrance into a Fairfield school and whenever a health assessment is required for other students of the same age cohort as the un-graded student. The school nurse will inform you of the acceptable time frame for your child's health assessment.

**High School Athletes**

Students participating in high school interscholastic sports teams, interscholastic sports clubs, or cheerleading squads are required to provide evidence of a complete health assessment prior to start of participation in the sport (tryouts, practice, or play) for the current school year. The health assessment is valid for thirteen (13) months from the date it was done. Once the health assessment becomes more than thirteen months old, the student cannot continue to participate in the sport until a new health assessment is done and submitted. Students who do not have evidence of the health assessment cannot participate in the sport.

**What is Required for a Complete Health Assessment?**

Health assessments must be done by a legally qualified practitioner of medicine (physician or osteopath licensed to practice in the United States), an advanced practice registered nurse, registered nurse, or physician assistant licensed to practice in Connecticut or by a legally qualified practitioner of medicine, an advanced practice registered nurse or a physician assistant at any military base.

Each health assessment shall include screening questions to be answered by the parent/guardian and examiner, a hematocrit or hemoglobin test, height, weight, blood pressure, an updating of immunizations as needed, vision, hearing, speech, postural screening, and gross dental screenings, a chronic disease assessment which shall include whether the student has a diagnosis of asthma, and such other information as the examiner deems appropriate. Health assessments required in grades 6 and 9 and health assessments required for high school interscholastic sports shall also include postural screening.

Health assessments required prior to initial entrance into a Fairfield school shall include evidence of a Mantoux tuberculin skin test performed after most recent entry into the United States for students entering school in Fairfield from a country with a high prevalence of tuberculosis. Countries with a high prevalence of tuberculosis include those identified as such by the Connecticut Department of Public Health. The school nurse will inform you of the countries that are identified as high-prevalence countries. All health assessments done on or after August 15<sup>th</sup>, 2005, except those required only for participation in athletics, shall include documentation of an assessment of the student's risk of exposure to tuberculosis. Any student determined to be at high risk shall receive a Mantoux tuberculin skin test performed in the United States as part of the required health assessment. Any student found to

have a positive Mantoux tuberculin skin test or tuberculosis disease shall be permitted to attend school only in accordance with the tuberculosis control protocols established by the Fairfield Director of Health and School Medical Advisor.

The examiner performing the health assessment shall complete and sign the health assessment form, and any recommendations concerning the student shall be made in writing. Health assessment forms are available from the school nurse.

Incomplete health assessments shall be returned to the parent or guardian with a letter indicating the information needed for completion. No student shall be permitted to enter or continue to attend school or participate in sports until the required health assessment is complete.

### **Immunizations**

A complete immunization record must be presented before a child enters school. For all students, this record must show date of adequate immunization against diphtheria, pertussis, tetanus, poliomyelitis (initial series plus booster given on or after the fourth birthday) and 3 doses of Hepatitis B vaccine. Additionally, adequate immunization must be shown for the following:

Hib	1 dose given on or after the first birthday for students under five years of age.
Pneumococcal	1 dose given on or after the first birthday for students under five years of age who were born on or after January 1, 2007 and are enrolled in Pre Kindergarten or Kindergarten, on or after August 1, 2011.
Hepatitis A	2 doses for all students born on or after January 1, 2007 who are enrolled in Pre Kindergarten or Kindergarten, on or after August 1, 2011. First dose given on or after the first birthday.
Influenza	1 dose for students under five years of age enrolled in pre school. Vaccine should be administered annually between August 1 and December 31 <sup>st</sup> . Individuals receiving the vaccine for the first time require two doses.
Measles, Mumps, Rubella	2 doses for all students in Kindergarten through 12. First dose given on or after the first birthday.
Varicella	2 doses for those enrolled in Kindergarten or 7 <sup>th</sup> grade on or after August 1, 2011. First dose given on or after the first birthday.
Tdap	1 dose for those enrolled in 7 <sup>th</sup> grade on or after August 1, 2011.
Meningococcal	1 dose for those enrolled in 7 <sup>th</sup> grade on or after August 1, 2011.

### **What If A Student Does Not Have the Required Immunizations?**

No student will be permitted to enter the Fairfield schools until evidence of adequate immunization is provided. The dates of the child's immunizations are needed.

Immunizations may be available from the student's own health care provider or from the Town of Fairfield Well Child Clinic. For further information contact the school nurse or the Town of Fairfield Public Health Nursing office at 256-3150.

Under certain circumstances, proof of immunity based upon specific blood testing is acceptable in lieu of immunization. For further information, contact the school nurse.

Connecticut state statutes permit exemptions from receiving immunizations if vaccination is medically contraindicated and such contraindication is certified by a physician and is in accordance with the provisions of state law, **or** if immunization is contrary to the religious beliefs of the child and there is parent/guardian statement to that effect. A written statement is needed. For further information, contact the school nurse.

Summary of Fairfield School Health Policies and Programs- page 4.

### **SCREENING PROGRAMS**

The following health screenings are provided in school:

Vision Screening                      - Grades Pre-K (four years old by January 1st and older) K, 1, 3, 4 and 5.

- Hearing Screening - Grades Pre-K (four years old by January 1st and older) K, 1, 3, 4 and 5.
- Postural Screening - Females – Grades 5 and 7.  
- Males – Grade 9.
- Pediculosis (Head Lice) - It is recommended that parents/guardians check their child for head lice on a regular basis. This monitoring by parents is especially important during the Summer months when children are attending camps, having sleepover's and wearing helmets for various sports activities. In all schools, siblings and close contacts of the identified child are screened. Remember to contact your child's school nurse if your child has head lice.  
This information will be kept confidential by the school nurse.

### **ACCIDENTS AND ILLNESS**

The school is responsible for first aid only, i.e., the immediate and temporary care given to a student whose illness or injury occurs on the school premises during school hours or in school sponsored/supervised activities. Although temporary care may be given in school as needed for accidents or illnesses that have occurred at home, parents should consult their family physician for care. Parents are urged to report to the school nurse as soon as possible when their child has a communicable disease. Students are not to attend school when ill. It is recommended that a student remain home for 24 hours after his/her temperature has returned to normal. In the event of a medical emergency, an ambulance will be called to transport the student to the hospital.

### **COMMUNICABLE DISEASES**

Communicable diseases or conditions should be reported to the school nurse. These include but are not limited to:

Chickenpox	Impetigo	Pinkeye	Tetanus	Coxsackie Virus
Diphtheria	Influenza	Head Lice	Salmonella	Tuberculosis
Fifth Disease	Measles	Pneumonia	Scabies	Scarlet Fever or Scarletina
German Measles	Meningitis	Poliomyelitis	Smallpox	Whooping Cough
Haemophilus influenza	Mononucleosis	Ringworm	Strep Throat	Vaccinia disease
Hepatitis	Mumps		Shingles	
SARS (Severe Acute Respiratory Syndrome)			Food Poisoning confirmed by a physician	
MRSA (Methicillin-resistant Staphylococcus Aureus) confirmed by a physician.				

If your child is suspected of having one of these diseases or conditions, your physician should be consulted immediately.

### **STUDENTS WITH SPECIAL HEALTH NEEDS**

Parents should notify the school nurse if a child has a health problem, e.g., allergies, chronic illness, vision or hearing difficulties. The school nurse will work with the child's physician, parent, and other school personnel to meet special health needs in school so that the child may benefit fully from his or her educational program. An Individualized Health Care Plan may be developed by the school nurse if appropriate to address the student's health care needs during the school day.