

HOT TOPICS IN THE HEALTH OFFICE

Welcome Nokomis and Neeta students and families! Here are some Health Office guidelines to make your school year easier. If you have any questions for your child's school nurse, please feel free to contact us.

Monica Shallow - Nokomis School Nurse
609-654-0991 x504 - mshallow@medford-lakes.k12.nj.us

Amy Collins - Neeta School Nurse
609-654-5155 Ext 203 - acollins@medford-lakes.k12.nj.us

ATTENDANCE

If your child will be absent from school, please contact the school to report his/her absence and/or provide a doctor note. 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.**

MEDICAL CONCERNS/INJURIES

- If there are any medical concerns that we should know regarding your child, please contact the school nurse.
- 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 and any accommodations if needed.

WHEN TO KEEP YOUR CHILD HOME

- Fever 100.0 or higher
- Vomiting x1
- Diarrhea (2 or more episodes)

24 HOUR RULE: Keep your child home until fever free WITHOUT the aid of medicine for 24 hours. Keep your child home for 24 hours from the LAST episode vomiting and/or diarrhea.

MEDICATION PROCEDURES

- All medication must be brought to school in the original labeled container with a valid expiration date.
- All medication must be given to the Health Office by a parent/guardian
- Students are not permitted to carry any type of medication in school unless permitted by the school nurse to do so.
- All medications must be picked up from the nurse's office by the last day of school. Any remaining medications will be discarded.
- Medications cannot be given without a doctor's order form

1. ALLERGY ACTION PLAN

If your child is diagnosed with a life threatening allergy and requires emergency medication, please have your child's doctor fill out the [Allergy Action Plan Form](#). Please provide the school with your child's emergency medication/epi-pen.

2. ASTHMA

If your child has asthma, please have your child's doctor fill out an [Asthma Action Plan Form](#). Return the completed form, along with any prescribed medications/inhaler to the school.

3. MEDICATIONS

If your child needs to take medication at school (prescription or over-the-counter), please provide the Health Office with a [Medication Permission Form](#) completed by both a parent and physician. See "Medical Forms Link"

PHYSICAL EXAMS

It is recommended that your child be seen annually for a physical exam/check-up. [Universal Health Forms](#) are required for students entering Kindergarten, 3rd, and 6th grades.

SNACKS

If teachers allow snack in the classroom, the snack must be peanut/treenut free. Please be sure that your child has a good night's sleep and has breakfast in the morning. This will help with your child's success in school.

ALL CLASSROOMS ARE
PEANUT & TREE NUT FREE!

ANNUAL SCREENINGS

All students will have annual height, weight and blood pressure screenings. Visions and hearing tests are done per state requirements. 5th and 7th graders will be screened for scoliosis in the spring.

Any deviations from normal in these annual screenings will be reported to parents for follow-up by your doctor.

HEAD LICE

Head lice can be present wherever children are together. Please examine your child's head on a regular basis to check for these pests. They do not cause illness. If you find live lice or nits, please contact your physician for treatment advice, and inform the school nurse.