



Welcome to NWR7! Please let us know how we can assist you in meeting your child's health needs while in school. Our office operates within the requirements of the State Department of Education regulations and Board of Education policies.

HEALTH OFFICE HOURS: 7:10 AM – 2:40 PM.

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Immunizations

All students must present proof of immunizations from a physician or local health agency upon enrollment in Region 7. If the student is not immunized due to medical or religious reasons, a notarized statement from a physician and signed by the physician and the parent must be provided. Forms are available on the web site.

7th graders:

The State of CT mandates that ALL 7th graders present proof of immunizations **before the START** of the 7th grade year. Region 7 will use the 6th grade physical exam submitted to the elementary school for documentation of mandatory 7th grade immunizations. If you did not submit a 6th grade physical, you will need to present proof of up-to-date immunizations before the end of July. In accordance with CT State law, your child **will be excluded** from 7th grade until this requirement is met.

Physical Examinations

NWR 7 Board policy examination (C.G.S. 10-2045a) mandates that all students must present evidence of a physical:

1. Upon enrollment to the district
2. 6th grade (submitted to the elementary school)
3. 10th grade

CT Health Assessment Record (Blue) Form must be completed in its entirety to include vision, auditory & scoliosis screenings. Camp physicals will not be accepted.

All 10th grade students must submit the physical **before the end** of the 10th grade academic year. In accordance with CT State law, your child **will be excluded** from 11th grade until this requirement is met.

Screenings

It is preferred that the private physician perform scoliosis screening during the physical exam. Those 7th grade girls and 9th grade boys who did not get screened by their physician will be screened in school with parent permission. Any student whose screening indicates a possible problem will have a report of the finding mailed to the parent/guardian for a follow up with the physician.

Physician Notes

In keeping with FERPA guidelines for confidentiality & privacy all medical notes must be brought/faxed directly to the Health Office. The nurses will communicate any restrictions to the appropriate staff.

Student Health Emergency Information Forms

This confidential medical information, held on file in the health office, helps us provide for the health and safety of your child. These new “pink” forms must be completed upon entry to NWR7 and updated by the parent/guardian at the beginning of each new school year.

If you indicate that your child has asthma that requires a rescue inhaler or that they have a life-threatening allergy that requires an Epi-Pen, you **MUST** provide both the medication and a physician-signed Medication Administration form that is also signed by a parent. Without these medications and forms, your child will be excluded from all field trips.

Students with Asthma should have an Asthma Action Plan filled out by doctor.

Students with life threatening allergies should have Allergy Action Plan filled out by doctor.

Field Trips

Student must have an updated Health Emergency Form on file in health office. Those who self-carry inhalers, epi pens, or diabetes supplies are expected to bring their medications from home for field trips. If this form is not on file, or medications are not available, your child will be excluded from field trips for their own safety

Administration of Medication in School

Nurses must follow CT State law and Board of Education policy re: the administration of medicine to your child. Only FDA medications will be administered during school hours if the desired effect cannot be achieved outside school hours.

1. All medications, including emergency self -carry medications, will be administered only with the following:
 - a. Completion of a NWR Medication Administration Form (available on district site), signed by an authorized prescriber and written authorization of the parent.
2. Medication orders are valid for one academic year.
3. Verbal authorization/request by parents is **not** permitted by law
4. All medications must be brought to the health office by an adult with the exception of emergency medications which may be transported by the student:
 - a. Epi pens, Inhaler & Insulin supplies
5. Students who self -carry these emergency medications must have them on their person at all times in case of an emergency (i.e.: a lock down, fire drill etc.)
6. Parents are encouraged to provide a backup medication available in the health office.
7. Standing order for Tylenol, Ibuprofen or Tums is available through the district physician. Parents must complete the (purple) permission form in order for their child to receive medication.
8. All medication will be dispensed in the Health Office only.
9. Parents must pick up all unused medication within one week of the end of the school year, otherwise the school nurse is legally obligated to destroy it.
10. By law, parents **MUST** pick up all controlled substances at the end of the academic year.

Formulary of First Aid Preparations

Alcohol- Isopropyl, Hibiclens, Hydrogen Peroxide	For use topically to clean wounds
Aspirin- low dose	For use by staff for discomfort
Bacitracin, Triple Antibiotic Ointment	For use for minor abrasions
Caladryl, Calamine, Hydrocortisone Cream ½%	For use topically for insect bites or skin irritations
Chloraseptic spray or warm water saline (1:18)	For use for minor throat irritations
Contact Solution	For use for self-cleaning of contacts
Diphenhydramine (Benadryl) 12.5mg/5ml or 25mg tablets	For emergency treatment of allergic reaction
Epinephrine 0.15mg or 0.3mg auto-injector	For emergency treatment of allergic reaction
Eye Irrigating Saline Solution	For use to flush eyes
First Aid Cream, Burn Gel/ Spray, or Aloe	Topical use for minor burns and skin irritations
Glucose gel or tablets	For the treatment of low blood sugar
Hydrogen Peroxide or Hibiclens	For use topically to clean wounds
Ibuprofen 200 mg tablets	For headaches, menstrual or muscle cramps, pain due to orthodontic adjustments or toothaches
Naloxone (Narcan)	For emergency treatment of opioid overdose
Orajel	Topical use for minor toothache, canker sore, cold sore or orthodontic discomfort
Oxygen	May be used for insufficient oxygen intake
Petroleum Jelly, Vaseline or Lotion	Topical use for chapped lips or dry skin
Sucrets or throat discs	For use for minor throat irritations
Sting Relief swabs or wipes	Topical use for insect bites or stings
Tylenol /Acetaminophen 325 mg tablets	For headaches, menstrual or muscle cramps, pain due to orthodontic adjustments or toothaches
Tums tablets	For upset stomach or indigestion

Sports Participation

Sports registration is handled electronically through Family ID. To facilitate the eligibility validation process parents should complete the registration form a minimum of **two weeks prior to the tryout dates**.

Please be advised registration does not confirm eligibility. The following items are required:

1. A physical that is less than 13 months old on file in the Health Office
Physicals may be uploaded electronically through Family ID, mailed or delivered directly to the Health Office.
2. No current physician-imposed restrictions from previous injuries or conditions
A note for the primary care provider is required to provide clearance from a current injury of condition to resulted in exclusion from sports
3. Those with history of concussion must have on file in the Nurses Office a physician note clearing the concussion, and have completed the return to play protocol with the Athletic Trainer.

You may use Family ID at any time to check for when your physical expires. You will also get an email from Family ID 60 days in advance of the expiration date of your physical.

Illness or Injury

If a student becomes injured or ill in school, he/she should report to the Health Office. The nurse will evaluate the child and contact the parent if necessary. Students must not leave the building because of illness/injury without authorization from the school nurse, as this may result in an unexcused absence.

Communicable/Infectious Diseases

Students with any medical condition that may expose others within the school setting to disease or contagious and infectious conditions will be excluded from school and referred for medical diagnosis and treatment.

The following guidelines should be helpful to you in determining if your child should be in school:

1. Fever free (less than 100.0) for twenty-four hours before returning to school.
2. No episodes of vomiting for 24 hours.
3. No active communicable and/ or contagious infections
4. On antibiotics for 24 hours before returning from a communicable infection

Requirements for Return to School after Surgery or Serious Illness/Injury

Students returning to school after surgery or a serious illness, concussion, or hospitalization must provide a note from a physician indicating clearance to return to school. The note should include any restrictions (i.e.: no physical education) or required accommodations (i.e.: elevator use). Continued restrictions must be updated by the physician.