

FROM THE NURSE...

HEALTH

Student Health Services have been developed in accordance with the school laws of the Commonwealth of Pennsylvania and recommendations from the American Academy of Pediatrics to help all children as they develop physically, mentally, and emotionally. Please contact me anytime you have a question or concern.

Ill or injured students should report to the school nurse. Parents or emergency contacts will be called if it is necessary for a student to be excused from school or if additional assessment or treatment is needed. In the event of a severe illness or injury, emergency services will be called and the student will be transported to the nearest hospital.

These symptoms indicate that a student should NOT attend school:

- Fever in the last 24 hours (100 degrees or above) --without Tylenol or ibuprofen
- Vomiting in the last 24 hours
- Diarrhea in the last 24 hours
- Unidentified rash
- Draining eye/eyes

Documentation from a healthcare provider should be given to the school nurse following illnesses or injuries causing limitations to physical activities.

Screenings for height, weight, hearing and vision are completed throughout the school years as listed below and anytime upon request.

- Height and weight: yearly
- Vision: yearly
- Hearing: K, 1st, 2nd, 3rd, 7th and 11th grades
- Scoliosis: 6th and 7th grades

An annual "District Health Screenings Report" will be sent home as a record of all screenings and body mass index (BMI) performed during the school year. Referrals are sent home when any possible problem is found with vision, hearing or scoliosis.

Physical and Dental Exams are required in grades as explained below and forms are available in all schools or downloaded from the school's website. After completion, the examination forms must be submitted to the school nurse.

- A **physical examination, within the past year**, is required for all **kindergarteners, 6th graders, 11th graders and all students new to Pennsylvania schools**. This exam can be completed by your private health care provider or by the school doctor at no charge.
- Pennsylvania requires a **dental examination, within the past year**, for all **kindergarteners, 3rd graders, 7th graders and all students new to Pennsylvania schools**. This exam can be completed by your family dentist or by the school dentist at no charge.

Immunization requirements must be met for children to attend school. Please provide updates to the school nurse's office whenever your child receives a new immunization. Exceptions can be made for certain medical or religious reasons. Written requests for exceptions must be on file in the nurse's office. State legislation makes it mandatory for children attending school to have the following immunizations at the appropriate dosing schedule:

- DTaP– 4 doses, one after age 4
- Polio – 3 doses, one after age 4
- MMR- 2 doses
- Hepatitis B – 3 doses properly spaced
- Varicella (Chicken pox) – 2 doses or history of disease

Medications may not be carried in elementary school and must be stored in the nurse's office. **Non-prescription medication and prescription medication** should be in the **original** container accompanied by written parent permission and physician permission. **Acetaminophen, ibuprofen, and Benadryl are the only medications that do not require physician permission.** A parent/guardian or a responsible adult designated by the parent/guardian should deliver all medications to the school. No more than a 30-school day supply for any one medication should be stored at school.

Concussions

- Students who sustain concussions are affected academically, as well as in their physical activities and sports.
- Documentation of the concussion, and prescribed restrictions, are required as soon as possible after the concussion occurs. This documentation must come from a physician, in a letter or on the UCF district concussion form, in order for our school to put accommodations in place.
- Regular physician updates of the restrictions, preferably every 2 to 4 weeks, are required for appropriate concussion management and will be shared with teachers.
- Some school activities, i.e. field trips, standardized testing, PIAA sports, will require specific physician instruction regarding participation.

* Please refer to the district website for further information and resources.

<http://www.ucfsd.org/health-services/index.html> and click on "Concussions" on left side of page

Questions

Please contact Maia Walter at 610-388-1439 ext. 5 or mwalter@ucfsd.net.