



# WESTPORT COMMUNITY SCHOOLS

Please keep this notice available for your reference throughout the 2022-2023 school year.

Please feel free to call the school nurse with any questions or concerns.

## Covid information:

**Before** coming to school or getting on the bus, families should assess their child's state of wellness before leaving home for school.

- **Fever (100.0 degrees Fahrenheit or higher), chills, or shaking chills**
- **Difficulty breathing or shortness of breath**
- **New loss of taste or smell**
- **Muscle aches or body aches**
- Cough (not due to other known cause, such as chronic cough)
- Sore throat *when in combination with other symptoms*
- Nausea, vomiting or diarrhea *when in combination with other symptoms*
- Headache *when in combination with other symptoms*
- Fatigue *when in combination with other symptoms*
- Nasal congestion or runny nose (not due to other known causes, such as allergies) *when in combination with other symptom*

## **Students must stay home if they are not feeling well!**

Per current DESE and Mass DPH guidelines if the student has any symptoms of COVID-19, they should not attend school and have an at-home rapid antigen test performed. The family should notify their school nurse that the student will be absent and the reason for the absence. The school nurse will follow-up with the family regarding the child's symptoms, whether the child was seen by a medical professional and any testing that was done. The child can return to school once cleared by the school nurse **once symptoms are improving and they have been fever-free for 24 hours without the use of fever reducing medication.**

**Masks:** Per current DESE and Mass DPH guidelines masks are still required in school health offices. Please ensure your child has a mask from home available to them.

**Fever:** Students with a temperature above 100 degrees should not attend school until they have been **fever-free (under 100 degrees) for 24 hours** without the use of fever-reducing medication, such Tylenol, Motrin, Advil or ibuprofen.

**Handwashing:** Good handwashing should be done often during the school day. If your child is unable to wash their hands or use an alcohol-based Hand Sanitizer, please contact your child's school nurse to discuss alternatives.

**Medical Update:** Please fill out and return the Student Medical Update Form. Inform the nurse of any changes in the state of your child's health anytime during the school year.

**Medication:** All medications should be given at home when possible. **PLEASE DO NOT SEND MEDICATION TO SCHOOL WITH A CHILD. A RESPONSIBLE ADULT NEEDS TO TRANSPORT ALL MEDICATIONS TO / FROM SCHOOL.** Any medication that a student will take in school (whether an over-the-counter or prescription medication) **REQUIRES** an order from a physician in order for the student to receive the medication at school. Medication brought into school **MUST** be in the original packaging with the pharmacy label. A parental consent form is also required. Both of these forms can be found at [westportschools.org](http://westportschools.org) by choosing the “Parent” tab and select “Health Office” from the list. The forms are at the bottom of the Health office webpage. You may also obtain copies of these forms from the school nurse.

**Injuries:** Notify the school nurse if your child has a significant injury that requires a consultation with an orthopedic physician. If your child is under an orthopedic doctor’s care, clearance will be needed to return to physical education activity. When you visit the orthopedic physician he / she can provide you with the necessary paperwork to forward to the school. If your student has a head injury or is diagnosed with a concussion, please call to discuss this with the school nurse. Remember that if a student is unable to participate in physical education then they will also need to stay inside during outdoor recess period and refrain from physical activity during the recess period.

**Physical Examination Requirements:** A physical examination is required for all students entering Preschool, entering Kindergarten or upon transferring into Westport Community Schools. We also require a physical exam in Grades 3, 6 and 9. If a physical is required for your child this school year, please send in a copy of their physical exam. Notices will be sent home if a copy of your child’s physical exam has not been received. The school physician is available late winter / early spring and will perform the physical exam if you wish.

**Screening:** Vision Screenings are done in Preschool, Kindergarten, Grades 1-5, Grade 7 and Grade 10. Hearing Screenings are done in Preschool, Kindergarten, Grades 1-3, Grade 7 and Grade 10. Postural Screenings are done in Grades 5-9. Parents will be notified of any concern with a screening that necessitates a medical follow-up with your own physician or optometrist. A response letter with testing results should be forwarded to the Health Office.

Height, Weights and BMI calculations are done in Grades 1, 4, 7 and 10 to monitor growth and development. Please notify the school nurse in writing by the end of September if you do NOT wish for your child to participate in the BMI screening. A request to not participate must be received each year that you opt out of the screening. If you would like a copy of your child’s BMI results please let the nurse know and a copy will be forwarded to you.

#### **Miscellaneous:**

**Water:** Please send a refillable water bottle with your child each day.

**Cough drops:** Please do not send cough drops into school with your child. Cough drops may contain medication (which requires a doctor’s order) or pose a choking hazard. Instead of cough drops, we recommend sending in a **full** water bottle so your child can take frequent sips of water to soothe a dry throat.

**Recess:** Proper foot wear is necessary to help prevent injuries during outdoor recess. Students that wear flip-flops or shoes without backs are at increased risk for injury on playground equipment or athletic fields / courts. Sneakers are best!! Students should also come to school dressed for the weather as students go out for recess and/or for physical education.

**Sunscreen:** When you anticipate that sunscreen / sunblock will be needed, it should be applied in the morning at home prior to coming to school. Sunscreen / sunblock that is necessary during the school day requires the

same procedure as a medication in school - a doctor order and parental consent. Please do NOT send sunscreen / sunblock in with your child without obtaining the necessary doctor order and consent.