

Health Clinic

Students who are injured or become ill during the school day should be sent to the health clinic. Any student experiencing Covid-19 symptoms or has a temperature of 100°F or higher will wait in the backroom of the health clinic for a parent to pick them up. Some minor issues such as a bleeding scab or bug bite or a minor paper cut, can be treated in the classroom. The student will wash the area with soap and water and apply a bandage. A small bag of bandages will be provided for each classroom.

A satellite health clinic has been established in the athletic trainer's room in the Upper School gym. Hans Smelker, Athletic Trainer will be available to assist upper school students who are not feeling well during the school day. Hans is typically on campus from 11:00am-7:00pm. Raylette Sitter, the Upper School Administrative Assistant will be able to treat minor complaints such as headaches, cramps, or minor scrapes at the upper school desk. Office personnel will have access to over-the-counter medications and any prescribed daily medications.

If an upper school student becomes ill and requires additional attention, contact Hans at ext 2967 or Nurse Rae at ext 2919.

Parent information

Mandatory Immunization Compliance

The Florida Certification of Immunization, Form 680, is required for entry and attendance in all Florida schools. This form is only available from and must be completed by a Florida physician/health care provider or a Florida county health department. All non-Florida immunization records must be transferred to the Form 680.

This can be done at the Collier County Health Department, free of charge on a walk-in basis, Monday- Friday 8:00AM-3:00PM, clinics are closed at 12:00PM on the last working day of the month. They are located at the Government Complex Bldg. H, 3339 E. Tamiami Trail, Naples, FL, phone number 239-252-8595.

Florida State Law requires that all kindergarten students must have received the second Measles, Mumps, Rubella (MMR) and Chickenpox (Varicella) vaccination prior to the start of kindergarten. Seventh grade students must receive the Tetanus, diphtheria, and pertussis (Tdap) booster before the start of seventh grade. You may refer to the Florida School Requirements form for additional immunization requirements.

Physical Examination Requirements

At the time of enrollment, students entering a Florida school for the first time must provide a record of a physical examination completed within the past 12 months. Although not required, it is recommended that Florida School Entry Exam form DOH 3040 be completed to fulfill this requirement. For students transferring to a Florida school, a comparable form from another state is acceptable if it has been completed within the prior 12 months.

The physical examination must be completed by a healthcare provider licensed to practice medicine in the United States. Physical examination may be obtained from your physician, health care provider or a walk-in-clinic.

Sports Physicals

In accordance with the rules of the Florida High School Athletic Association (FHSAA), the student athlete “must undergo a pre-participation physical evaluation and be certified as being physically fit for participation in interscholastic athletics (form EL2). The physical is valid for 365 calendar days from the date that it was administered after which time the student must successfully undergo another physical evaluation to continue his/her participation. Parents and students must also submit a completed EL3 Consent and Release from Liability Certificate (4 pages). (FHSAA Bylaw 9.7)

[Link to EL2 and EL3](#)

Allergy Policy

Seacrest Country Day School recognizes that food allergies, in some instances, may be severe and occasionally life threatening. The only way to avoid a reaction is to avoid the offending food. Seacrest is a Food Allergy Aware school. Students are not restricted from eating foods containing known food allergies, but we ask that children not share food with their classmates unless a teacher or the school nurse has given approval. The foods most likely to cause allergic reactions are peanuts, tree nuts, dairy products, eggs, soy, wheat, fish, shellfish, mango, papaya and peas/beans. Although most food allergies produce symptoms that are uncomfortable, persons with severe allergies to the above-listed foods can suffer more serious consequences.

Seacrest cannot guarantee that a student will never experience an allergy-related event while at school, but we are committed to student safety and therefore have created this policy to reduce the risk that children with allergies will have an allergy-related event.

For children with severe allergies, it is the family's responsibility to notify the school, in writing, of the allergies. Working in conjunction with the family physician, the family should submit written protocols for the student. The school nurse will work with parents to implement reasonable protocols in the form of a Food Allergy Action Plan (FAAP).

We will do our best to avoid serving food containing known allergens, but cannot guarantee that these products will never be present, as we cannot monitor products sold at athletic events or special student sales, products brought for potlucks or celebrations, or served on off campus trips. Therefore, persons with severe food allergies must carefully monitor their food in these situations.

Food allergy symptoms in children can include:

Children with food allergies might communicate their symptoms in the following ways:

- swollen lips, tongue, or eyes;
- itchiness, rash, or hives;
- nausea, vomiting, or diarrhea;
- congestion, hoarse voice, or trouble swallowing;
- wheezing or difficulty breathing; dizziness, fainting, or loss of consciousness
- and mood change or confusion.

Children with food allergies might communicate their symptoms in the following ways:

- It feels like something is poking my tongue
- My tongue (or mouth) is tingling (or burning).
- My tongue (or mouth) itches.
- My tongue feels like there is hair on it.
- My mouth feels funny.
- There's a frog in my throat; there's something stuck in my throat.
- My tongue feels full (or heavy).
- My lips feel tight.
- It feels like there are bugs in there (to describe itchy ears).
- It (my throat) feels thick.

Latex Balloons

Latex balloons are not allowed at school because they pose a potential allergy threat for students with a latex allergy. They also represent one of the greatest choking hazards. According to the U.S. Consumer Product Safety Commission, balloons are the leading cause of suffocation deaths. It is possible that a child could inhale a balloon when blowing it up. Also, children sometimes chew or bite balloons, causing them to pop. The broken piece or pieces may be inhaled, blocking the airway. Mylar balloons are a safe alternative to latex balloons.

Illness

If your child wakes up sick on a school day:

- Please call or email your child's teacher and the school nurse, prior to 8:00 am to notify us of your child's absence.
- Students should not be sent to school with a bad cold, the flu (i.e., excessive nasal secretions, sneezing, coughing, congestion etc.)
- Students should not be sent to school with symptoms of **Covid-19**: fever or chills, shortness of breath, unexplained fatigue, muscle or body aches, new loss of taste or smell, sore throat, congestion or runny nose not associated with allergies, nausea, vomiting or diarrhea, unexplained body rash or conjunctivitis
- Students should be kept home for 24 hours following a fever of 100° F or higher. Once your child no longer has a fever (temperature is lower than 100° F without the use of fever reducing medication), they must wait 24 hours before returning to school.
- Students should be kept home for 24 hours following a gastrointestinal illness with vomiting and or diarrhea.

- **If your child has a contagious illness:**

Please call the school and notify the school nurse immediately if your child has been diagnosed with Covi-19, conjunctivitis (pink eye), strep throat, head lice, chicken pox, fifth's disease, the flu, or any other infectious type illness.

- A letter from your child's health care provider may be requested following an extended absence from school.

If your child should become ill during the school day:

- Parents will be called and asked to pick up their sick child.
- If parents cannot be reached, the instruction on the Emergency Contact Form will be followed. Please keep us updated with this information.

Medication

No medication (prescription or over-the-counter) may be given by school personnel without the signed permission of a parent or guardian.

All medications must be brought to the office by the parent or guardian in the original current container or prescription bottle. By Florida School Regulations, we must dispose of any medications that are received in anything other than the original, current container or prescription bottle. (Pharmacists are usually more than willing to divide a prescription between two bottles.)

No medication of any type may be sent to school by backpack. However, if a student must carry with them at all times an EpiPen for severe allergies or an inhaler for asthma, their healthcare provider must sign the EpiPen or Inhaler authorization form. Students with diabetes utilizing the insulin pump should communicate their individual circumstances with the nurse. The Action Plans for a student with asthma, food allergy, diabetes or seizure are available for download in Magnus. Please have your child's healthcare provider complete and sign the applicable action plan.

Daily Medications

If a student has been prescribed daily medication by their health care providers, the parents must communicate medication requirements as well as a time frame for the administration of the prescribed medication with the school nurse as well as the appropriate teachers.

Students in grades PK-5 will require the teachers or teacher's assistants to be responsible for sending them to the Health Clinic at the appropriate times.

Students in grades 6-8 should be responsible for getting to the Health Clinic at the appropriate time.

Students in grades 9-12 should be responsible for getting to the high school office at the appropriate time.

Injury

If your child sustains an injury outside of school:

Please contact the school nurse regarding injuries that require medical treatment during the school day. Medical treatment required once the student returns to school may include ice and elevation, medication, bandage change, use of crutches, or the use of a wheelchair.

Wheelchair use

- Students with a sprained or broken leg/foot/ankle who have been issued crutches by a healthcare provider often find it difficult to get around campus.
- A wheelchair is available for student use at a parent's request.
- Please communicate your child's needs to the nurse.

Elevator use

- Students requiring the use of the elevator to get to a classroom must be issued a pass from the school nurse.
- A parent/guardian should communicate their child's specific needs to the school nurse.
- Use of the elevator is limited to the student and one buddy or adult. • Students are never allowed to ride the elevator alone.

Concussion/Head Trauma

According to information provided by the CDC, a concussion is described as a “type of traumatic brain injury that changes the way the brain normally works.” Signs and symptoms of a concussion do not always appear immediately following a bump, blow, or jolt to the head. It may be days or weeks before signs and symptoms appear. If a student/athlete reports one or more symptoms of a concussion, the parent/guardian will be notified and an evaluation performed by a health care provider will be required before the student/athlete will be allowed to return to school/sports. The student will also need to be **evaluated and cleared by Hans Smelker, Athletic trainer before they are allowed to return to PE/sports.**

Communication

- If your child has any specific health care needs such as an allergy to foods or the environment, asthma-related problems, or any other health care needs, please contact Rae Young, RN, BSN, School Nurse at 239-793-1986 x 2919.
- Proper communication between the parent/guardian and the school staff will allow for the appropriate care and treatment of your child to be put in place.
- When sending a communication to the school regarding specific medical information pertaining to your child, it is helpful to notify both the school nurse and the student's teacher. This will eliminate any confusion regarding your child's care.

AED

Cardiopulmonary Resuscitation/Automated External Defibrillator

Many staff and faculty members are certified in CPR and AED usage. The school nurse, the athletic trainer, all P.E. Teachers and athletic coaches are required to be CPR certified.

Seacrest School has AEDs on campus:

1. Health Clinic (in a wall mounted/alarmed cabinet outside west facing door)
2. Lower School Gymnasium (outside the athletic office)
3. Softball Visitor's Dugout (in a wall mounted/alarmed cabinet)
4. Baseball field house (in a wall mounted/alarmed cabinet)
5. Lobby of the Upper School Gymnasium/Science Center
6. Upper School (near the upper school reception desk)

Each AED is encased in a red storage case. A separate bag with gloves, a disposable shaving razor and CPR mask is located on the shelf with the AED.

In the event of a medical emergency:

- Remain calm
- Assess the situation (victim conscious/unconscious)
- Call for help (nurse/qualified staff member, bystander)
- Call 911 (if appropriate)
- Send bystander for AED

Magnus Health SMR (Student Medical Records)

Seacrest Country Day School utilizes Magnus Health SMR (Student Medical Records), a web based system that allows the parent to have continuous access to their child's health records as well as the ability to make updates when needed. Magnus must be completed prior to the first day of school and must be updated every year. You may access Magnus via the Seacrest Parent Portal. Click on Magnus, there is a short tutorial you may watch and then open the page. You will notice there are a number of requirements to be completed. Some are as simple as "yes/no" with an electronic signature. However, some requirements will take longer to complete. Initially it may take you 15-20 minutes to complete all of the required health and contact information, but in future years the process will be greatly streamlined. Please contact our school nurse if you have questions or need assistance completing Magnus. You will also need to download the Magnus App onto your cell phone. You will be able to access your child's account through this app, allowing you to complete the requirements via the app.



Covid-19 Guidance for Students

2022-2023

According to the Florida Health Department

If a student tests positive for Covid-19 and is symptomatic:

Stay home and isolate (away from others) for 5 days from the date your symptoms began.

You may return to school on day 6 if you are fever-free without fever reducing medication (Advil, Motrin, ibuprofen or Tylenol) for 24 hours and your symptoms are improving. A fever is a temperature of 100°F or higher.

Day 0 is the first day your symptoms began.

If a student tests positive for Covid-19 and is asymptomatic:

Stay home and isolate (away from others) for 5 days from the date of your positive test.

You may return to school on day 6 if you are fever-free without fever reducing medication (Advil, Motrin, ibuprofen or Tylenol) for 24 hours and your symptoms, if any develop and are improving. A fever is a temperature of 100°F or higher.

Day 0 is the date of a positive test if you are asymptomatic.

If a student is exposed to someone who tests positive for Covid-19:

If symptoms of Covid-19 develop, stay home and contact your healthcare provider. You may want to perform a home Covid-19 test if available.

If asymptomatic, you do not need to quarantine (stay home). You should continue to monitor for symptoms for 10 days following the exposure.

It is considered an exposure if the student was within 6 feet of the Covid-19 positive person for more than 15 minutes within a 24-hour period.

Covid-19 Symptoms

The predominant Covid-19 variant at this time is Omicron. The Omicron variant spreads more easily than the earlier Covid-19 variants. Omicron infections are usually not as severe as symptoms caused by the earlier variants. The severity of infection may depend on an individual's age, health conditions, history of prior infections and vaccination status. *The most common symptoms are fatigue, headache, sore throat, congestion or runny nose and fever or chills. Other symptoms include, cough, shortness of breath or difficulty breathing, muscle or body aches, nausea or vomiting, diarrhea and loss of taste and smell. Often individuals suspect they have a cold/flu or allergies.*

Isolation

According to the CDC, "Isolation is used to separate people with confirmed or suspected COVID-19 from those without COVID-19. People who are in isolation should stay home until it's safe for them to be around others. At home, anyone sick or infected should separate from others, or wear a well-fitting mask when they need to be around others. People in isolation should stay in a specific "sick room" or area and use a separate bathroom if available. Everyone who has presumed or confirmed COVID-19 should stay home and isolate from other people for at least 5 full days (day 0 is the first day of symptoms or the date of the day of the positive viral test for asymptomatic persons). They should wear a mask when around others at home and in public for an additional 5 days. People who are confirmed to have COVID-19 or are showing symptoms of COVID-19 need to isolate regardless of their vaccination status. This includes:

- People who have a [positive viral test](#) for COVID-19, regardless of whether or not they have [symptoms](#).
- People with [symptoms](#) of COVID-19, including people who are awaiting test results or have not been tested. People with symptoms should isolate even if they do not know if they have been in close contact with someone with COVID-19."

Communication

In an effort to keep down the spread of Covid-19, we ask that you keep your child home if they experience symptoms of Covid-19. Influenza, Covid-19 and the common cold are upper respiratory viruses and are easily spread from person-to-person. To determine if their symptoms are Covid-19 related, a Covid-19 test is required. Covid-19 antigen tests can be done at home or through a healthcare provider. False negatives are possible when testing is done in the early stages of the virus. Testing should be repeated if symptoms persist or worsen. You should follow the advice of your healthcare provider regarding treatment options.

If you have a positive test for Covid-19, you will need to quarantine at home for a minimum of 5 days following the onset of symptoms. If your symptoms have improved and you have been fever-free for 24 hours, you may return to school on day 6.

You should notify your child's teacher or advisor and Nurse Rae if you suspect or have confirmation that your child has Covid-19.

Use of facial masks

Students **are not required** to wear a mask when they return to school following their isolation period. Students should not return to school until they feel well enough to participate in all aspects of the school day. If they are still coughing or sneezing they should not return to school. The 5-day quarantine period is a "best case scenario." It may take longer than 5 days to recover and return to school following Covid-19.