

## Parents' Guide to Medical Requirements

### Request from Parents:

**Physical-** All new students, Pre K or K, 1, 3, 5, 7, 9 & 11. Any physical done within a calendar year of school start are acceptable. For this year anything dated after 9/6/2021 is acceptable.

**Sports Physicals-** All students in 7<sup>th</sup> and 8<sup>th</sup> grade who are interested in playing competitive sports at GWLUFSD will need a current physical dated after 9/6/21. If you have had a physical at your PCP's please bring in a copy. Please inform the athletic department or the school nurse that your student is interested in playing and they will advise you with all requirements.

**Immunization Records-** All new students are required to follow NYS requirements for immunizations. If the immunization record is incomplete or unavailable, the parents/guardians will have 14 days to submit one if the student is transferring within NYS or 30 days if transferring from outside of NYS. They must provide these to the school nurse. If immunizations are incomplete after the allotted time the student will be excluded from school until they receive the needed vaccinations.

**Dental Certificate-(best practice)** - please submit a copy of your most recent dental certificate along with the required physical.

**Screenings-** All new students, Pre K or K, 1, 3, 5, 7, 9, & 11 are required to have screenings done. These screenings are for vision both near and distance, color vision, hearing, and scoliosis. These are usually done by your healthcare provider on the physical form, but we often find some or all of these missing from the physical done with your healthcare provider. If your provider completed the above assessments please check that they are documented on the physical form. The school nurses will do these screening throughout the school year as needed. If they find any abnormalities they will notify you with a referral. Please see the form below to see what needs to be done each year.



X NYS Required    
 X NYC Required    
 X NYS Optional    
 X NYC Optional

NYS and NYC Screening Guideline Overview														
	New Entrant	Pre K or K*	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12
<b>HEARING SCREENING:</b>														
Pure Tone	X	X	X		X		X		X					X
<b>SCOLIOSIS SCREENING</b>														
Boys											X			
Girls							X		X					
<b>VISION SCREENING</b>														
Color Perception	X													
	X													
Fusion		X	X											
Near Vision	X	X	X		X		X		X					X
	X	X	X		X		X							
Distance Acuity	X	X	X		X		X		X					X
	X	X	X		X		X							
Hyperopia	X													

\*Determine if your Kindergarten or Pre K students are your district's new entrants..

Health Examination Overview														
	New Entrant	Pre K or K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12
Health Examination**	X	X	X		X		X		X		X		X	
	X													
Dental Certificate	X	X	X		X		X		X		X		X	

\*\*HealthExaminations may be either a Health Appraisal (health exam performed by the School Medical Director) or Health Certificate (health exam performed by the student's primary medicalprovider). They must be dated no more than 12 months prior to the state of the school year in which they are required, or the date of entrance to the school for new entrants.

This sample resource was created by the New York State Center for School Health and is located at [www.schoolhealthny.com](http://www.schoolhealthny.com) in the Laws|Guidelines|Memos - Effective July 2018

### **Any specific orders a child may need:**

The school nurse will need to have medication orders for all medications in school -

All orders will need to be renewed annually -

Parents need to transport medications to school, no medications are to be in a child's possession unless they have provided medication order from a Primary Care Provider (PCP) along with an assertion form stating the child understands the medication regulations and has been attested by the PCP to be eligible to carry this medication.

Also, any care plans or physical restrictions your child may have will need a PCP order. -asthma care plan, allergy care plan, seizure care plan, etc. Including any allergies, and history of any medical conditions that may impact the child's education and or wellbeing.

### **When to keep students home**

**Any student who has symptoms of respiratory or gastrointestinal infections, such as cough, fever, sore throat, vomiting, or diarrhea, should stay home.** Testing is recommended for people with symptoms of COVID-19 as soon as possible after symptoms begin.

- Students with vomiting and/ or diarrhea must go home or stay home for 24 hours or until free of vomiting and/or diarrhea for **24 hours WITHOUT** medication
- Students with a fever greater than 100.0 should stay home for **24 hours after being fever free** without the use of medication, or until their doctor says it is okay to go back to school.
- Children with breathing problems should stay home until the cough is improving
  - If your child is having difficulty breathing, call your doctor right away.

COVID Response\*: A reminder... Students who test positive for COVID-19 must isolate for 5 days at home and contact the school nurse. Those with symptoms may return to school after 5 days if they are fever-free without fever-reducing medicine for 24 hours and their symptoms are improving. Students must mask days 6-10 while in school (CDC guidance indicates that people can use the test-based strategy outlined in its isolation guidance to potentially shorten the duration of post-isolation mask use. Please read the NYDOH FAQ on these points.)

You can request a take-home COVID-19 rapid test kits to any students who exhibit COVID-like symptoms or have been in a classroom where a positive case has been identified. Anyone who tests positive on a take-home test should immediately report it to the school and begin isolating. No proof of a negative result is required in order for these students to enter the school building.

Wash your hands, teach your children to cover their mouth when coughing or sneezing, coughing or sneezing into their elbow.

Rest can help you and your child get better sooner, and it helps prevent the spread of germs. Please contact your school nurse for any questions or concerns

Please report all absences to

[es-attendance@gwlufsd.org](mailto:es-attendance@gwlufsd.org) elementary (845) 477-2411

[ms-attendance@gwlufsd.org](mailto:ms-attendance@gwlufsd.org) middle school

**Allergies: Have care plans or treatment plan and orders sent to the school nurse:**

If they have an allergy please have an allergy action plan completed by your PCP, this will have medication orders and guidance for action we need to take. Even if a simple shellfish allergy and you say they will avoid exposure we need this documented by PCP.

If it's not a true allergy but a sensitivity like lactose intolerance, and you want us to monitor the student consumption or provide an alternative (ex: soy milk) we need a PCP note.

We need to have these updated annually.

If the child has orders for an Epipen or Benadryl and they want to carry this medication the PCP needs to sign off on an Attestation form. It is best to get 2 of everything, one for the nurses' office and one for them to carry.

**Seizures: Have care plans available:**

If they have a seizure disorder we need documentation from their PCP and they should fill out the seizure action plan. Notify the school nurse of any pertinent information surrounding a seizure episode, all you can about events leading up to seizure, are they aware, do they feel unusual, cold, hot etc... If awareness at all, sitting down prior to an event is ideal. We should have an annually updated care plan.

**Asthma: Have care plan available:**

If the student has asthma we should have an asthma action plan completed by the PCP. This will provide the school nurse with orders and guidance. This needs to be done annually and if the parents' want the child to carry the medications we need the medication attestation form filled out by the PCP.

**Medical Conditions:**

If there are any medical conditions, ask for a note from their PCP which will identify, explain, and give guidance Ex: Medical orders, Physical Education (PE) restrictions etc. for the school nurse.

We need a PCP order identifying the condition and any restrictions or modifications. For a vision deficit this can be an ophthalmologist or optometrist.

If safety glasses are required please send in a dr's note explaining when they are required.

If the PCP orders a protective cup or guard then the parent and student should provide this and wear it during gym class.

If the student has a major medical condition The PCP should be given a Modified PE Form to fill out with specific restrictions. Once this is received we will follow all guidance from a PCP in this matter.

**Injuries:**

If your child is injured and has been restricted in activity in any way we need a note from your PCP, or specialist. This may include a fracture, sprain, stitches, etc... Once we have a note restricting your child we will inform the PE teachers, coaches or teachers as necessary. Once your child is released to resume full activity we will need a note from your PCP releasing them for full activity.

If your child has had a concussion we will need a PCP note with a description of the concussion and any modifications they recommend. This policy in NYS is to restrict vigorous activity until they are symptom free and have been reevaluated after initial concussion assessment. The school nurse will need to know what symptoms your child is experiencing and what the recommended restrictions are in order to inform the PE teachers, coaches and teachers as needed. If your child's concussion symptoms last longer than two weeks and or get worse we recommend they are seen by a Concussion Center or Traumatic Brain Injury Center for a full evaluation. Once your child has been released to resume activity they will start a Return to Play Protocol to advance them back into full activity.

**The unexpected:** Any other medical injury or disorder that should come up, we require orders from your PCP to give the school nurse guidance as to care, medication orders, restrictions, etc... Please keep us informed of any medical changes in your child, so we can best meet you and your child's needs and keep them safe.