



NEW PROVIDENCE SCHOOL DISTRICT

356 ELKWOOD AVENUE, NEW PROVIDENCE, NJ 07974

Fax (908) 464-9041 • www.npsd.k12.nj.us

DAVID M. MICELI, Ed.D.
Superintendent of Schools
908-464-9050 (ext. 4225)

LAUREN ZIRPOLI
Assistant Superintendent
of Educational Services
908-464-9050 (ext. 4222)

JAMES E. TESTA
School Business Administrator/
Board Secretary
908-464-9050 (ext. 4223)

JONATHAN KEANEY
Director of Curriculum,
Instruction, and Supervision
908-464-9050 (ext. 4221)

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Dear Parents/Guardians,

With the start of the winter season, we would like to review the current health protocols. We are currently seeing increasing cases of various respiratory illnesses that include Flu, Common Colds, Covid and RSV. Continue to monitor your children and **keep sick students home!**

Vaccination for both Flu and Covid-19 are encouraged as the best way to prevent serious illness. Check with your family's physician regarding their recommendations. Hand washing and staying home when sick are important ways to keep our schools healthy.

Please review the following important reminders and contact your child's school nurse if you have any questions.

Illness protocols:

- **When must students stay home:** Students who have fever, vomiting or diarrhea may not come to school until they have been unmedicated and symptom free for a minimum of 24 hours. Additionally, they should be tolerating their normal diet before returning to school.
- **Students should feel well:** Students who are generally unwell should not attend school. Extreme fatigue, excessive nasal discharge, and severe stomach aches are examples of situations when students should stay home. Fever is not the only criteria.
- **Illnesses requiring antibiotics:** Students with contagious illnesses that require antibiotic treatment (ie: strep throat) generally should not return to school until they have received at least 24 hours of the prescribed antibiotic AND are feeling better AND have not had a fever for a minimum of 24 hours.
- **Consider testing for Flu and Covid:** Please check with your physician and consider testing for flu and Covid when students have respiratory symptoms that may include runny nose, fever, cough, headache and body aches.
- **Covid protocols:** When Covid testing is positive, a 5-day isolation period at home is required. The return to school on Day #6 requires mask wearing for an additional 5 days (through Day #10) AND significant improvement of symptoms AND feeling well AND being fever-free for a minimum of 24 hours. Mask wearing can be shortened if testing is negative on days #6&7, with tests performed 24 hours apart, allowing mask-free attendance on Day #8. Please report positive cases with the school nurse to review return to school dates.

Other Health Protocols:

- **PE excuses and other injury related issues:** Parents can excuse their children for up to 3 consecutive days from PE. Longer excuses require a doctor's note. Students cannot use orthopedic equipment (ie: crutches, boots, splints) without providing a doctor's note that

indicates these items are necessary and the child has been medically assessed. All PE and medical notes must be submitted to the school nurse.

- **Medications at school:** ALL medications require written doctor orders and parental approval. School nurses cannot administer any medication without orders. Students are not allowed to carry ANY medication, including over-the-counter medicines such as ibuprofen, Tylenol and cough drops (except certain emergency medications when written orders have been submitted).
- **Reporting absences:** **All absences must be reported on the [Attendance Matters form](#)**, available on the district homepage and each school's website. Emails to teachers do not qualify as official absence reporting. Please be specific regarding student symptoms on the form or contact the school nurse. This is helpful for illness surveillance purposes.

Communication between the home and school is vitally important and parental vigilance is key to keeping our schools healthy. Please reach out to us any time you have any questions or concerns.

Stay Healthy!

Ms. Lynn Kral, MPH, MS, RN, CSN-NJ
Salt Brook Elementary School
lkral@npsdnj.org

Mrs. Jessica Leon, RN, BSN, CSN
Allen W. Roberts Elementary School
jleon@npsdnj.org

Mrs. Lauren Abbatemarco, RN
District Float Nurse
labbatemarco@npsdnj.org

Ms. Andrea Wright, BSN, RN, CSN-NJ
New Providence Middle and High Schools
awright@npsdnj.org