

# Kindergarten Orientation



Mrs. Brock, RN, BSN, NJ-CSN  
Florence M. Burd School



# Medical Document Requirements

N.J.A.C.6A:162.2 & N.J.S.A. 18A:40-4 Each student upon entry into the school district, shall have a medical history & medical examination conducted at the medical home of the student, and a report sent to the school nurse.

- Immunization record:
  - Any exceptions will need to be discussed and cleared with the school nurse and/or Sussex County Division of Health: Office of Public Health Nursing prior to starting school.
- Health History Form
- Physical
  - Physical dated within 365 days of the start date of school is required per NJ law.
  - ARSD Physical Examination Form or Universal Child Health Record.
  - PRINTOUTS FROM WELL VISITS WILL NOT BE ACCEPTED.
  - The NJSSNA encourages medical least once during each developmental stage (K-3rd, 4th-6th, 7th-12th).

# Emergency Health Plans

The following medical concerns require an Emergency Health Plan completed by the student's pediatrician:

- Asthma: (Inhaler / Nebulizer)
- Allergy: (EpiPen/ Auvi-Q)
  - Food
  - Environmental / Insect
- Seizure: (Diastat/ Valtoco)
- Diabetes
- Bleeding Disorder



# Food Allergies

- We take food allergies SERIOUSLY!!
- No sharing food.
- Allergy Aware Classroom- You will be notified in the beginning of the school year by your child's teacher regarding food restrictions in the classroom.
- Birthday Celebrations- snacks are not permitted. A small item (ex: pencil, sticker, bookmark) for each student is allowed, but not required.
- Class Parties- Designated class parent will coordinate acceptable snacks with the school nurse in allergy aware classrooms utilizing the Safe Snack Guide from [snacksafely.com](http://snacksafely.com).

# Nutrition

- Childhood Obesity is a growing health concern in children.
- Please send healthy snacks: fruit, veggies, yogurt, whole grains, or protein rich snacks & water.
- Avoid candy, sugary snacks, cookies, chips, & soda.
- PLEASE DO NOT SEND IN FOODS THAT ARE CHOKING HAZARDS!!!
  - If you send in fruit such as grapes, PLEASE cut the grapes in half!
- Please visit the Maschio's Food Services table for examples of healthy school lunches.
- Free & Reduced Lunch- applications to be completed annually in the Realtime Parent Portal or by paper "Application for Free and Reduced Price School Meals"



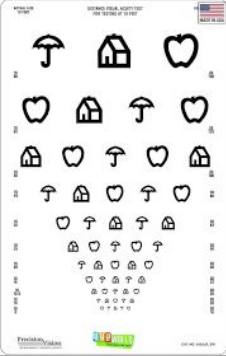
# Medication

OTC Medication available: acetaminophen (Tylenol), ibuprofen (Motrin), antacid tablets (Tums), cough drops, Benadryl (emergency use only).

- Written parent permission required (EAP/green emergency card)
- Cough drops will not be provided to students in preK and K as they are a choking hazard.

The following is needed for a student to receive any other medication in school:

- Physician Order (EAP/ district medication physician order form)
- **\*\*FMB students are not allowed to deliver/ self-carry medication!\*\*** Medication must be delivered to the school by a parent/guardian and handed to the school nurse for review. Medication must be in the original container/ packaging, with prescription label affixed.
- BE SURE MEDICATION IS NOT EXPIRED!!! It is the parent/guardian's responsibility to refill medication prior to the expiration date.
- Students will only be medicated in school by the school nurse, substitute school nurse, parent or legal guardian per NJ law.



# Health Screenings



Per N.J.A.C.6A:162.2 & N.J.S.A. 18A:40-4

- Height / Weight (annually)
- Blood Pressure (annually)
- Vision (K, 2nd, 4th, 6th, 8th)
- Hearing (K-3rd, 7th)
- Scoliosis (4th, 6th, 8th)



You will be notified via mail to follow up with the pediatrician for any abnormal screening.

If you prefer to have your pediatrician perform these screenings, please notify the school nurse and provide medical documentation of the results.

# Student Illness

- Students who are not feeling well should not be sent to school.
- The child will be sent home if he/she has any of the following:
  - Fever 100.0 degrees F
  - Vomiting
  - Diarrhea (x2)
  - Suspected risk for contagious infection requiring Md evaluation and treatment
  - Serious injury
  - If the student feels so ill that he/she cannot participate in classroom activities.
- **\*\*Parents are responsible to provide transportation for sick students within one hour of when they are notified\*\***





# Orthopedic Injuries

- A doctor's note is needed with any injuries that require an ace bandage, splint, arm sling, boot, and / or cast.
- Students who need crutches or a wheelchair must have a doctors note. Please contact Mrs. Brock to develop a temporary health plan for school as needed.

## Participation in PE and Recess

- State mandated requirement.
- Students will be excused from these activities at the discretion of the nurse for one day only. A physician's note is required for two or more days.

## Accidents

Please keep a change of seasonally appropriate clothing in your student's backpack.  
(pants/shorts, top, socks, undergarments)

# Absence Notification

To report your child absence:

- Input the absence into the Realtime parent portal by 9am (a **green** confirmation box will appear).
- Contact the Main Office or the School Nurse if after 9am.

**\*\*If you do not report an absence by 9:30am, you will receive automated notification through Realtime via phone call/voicemail, text, and/or email. If the school does not receive a response by 10:30 am, authorities will be notified and a well check will be sent to the address on file. IT IS YOUR RESPONSIBILITY AS A PARENT/GUARDIAN TO REPORT YOUR STUDENT'S ABSENCE.**

- Emergency Contact Information
  - Please provide names, phone numbers, and emails of reliable persons in Realtime and on the Emergency green card.
  - Remember to update phone numbers if /when changed.



Email or call Mrs. Brock with any questions or concerns:

[cbrock@andoverregional.org](mailto:cbrock@andoverregional.org)

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