



Welcome back and hope you had a wonderful summer!

We look forward to the new school year. The following information is for parents to help us maintain the health and safety of all CPS students and staff.

First and foremost - PLEASE - DO NOT SEND SICK STUDENTS TO SCHOOL. This is SO important. If your child has any complaints of feeling ill in the morning, please keep him/her home. "WHEN IN DOUBT...KEEP THEM OUT".

- Please call the absence line (908-735-8512 Option #1) to report that your child will be out, name, grade, phone number and please state the reason why. Also, please email the teacher and let him/her know about your child missing class to see what they can do to make up any classwork.
- A fever of 100 degrees or more, nausea/vomiting, diarrhea, questionable rash (needs to be cleared by a physician as not contagious), illnesses or conditions, such as, flu, COVID-19, chicken pox, impetigo, pink eye, scarlet fever, strep throat, etc. are reasons to keep your child home. Children may return to school 24 hours after an antibiotic has been started for a strep throat infection or pink eye.

#### EMERGENCY CONTACT INFO COLORED CARD

- Please keep contact information up to date at school so you can be reached in case of an emergency. The main office will provide a colored card for you to fill out both sides and return with this important contact information.

#### HAND HYGIENE AND RESPIRATORY ETIQUETTE HANDWASHING

- Students are encouraged to wash their hands for at least 20 seconds at regular intervals during the school day and always before and after eating, after using the bathroom, before and after recess, after blowing their nose, coughing or sneezing and when hands are visibly soiled.
- Cover coughs and sneezes with a tissue or use the inside of elbows. Used tissues need to be thrown in the trash. Students need to wash their hands afterwards.

#### SNACKS AND LUNCH

- CPS is an allergy-friendly school. All classrooms and common areas are nut free. Nuts and nut products are allowed in the cafeteria where nut-free tables are available for students with nut allergies.
- Any student may sit at the nut-free table as long as they have a nut-free lunch. Sharing food will be discouraged.

#### WATER BOTTLES

- Each student needs a water bottle every day. • Write their name and grade level on it in case they lose it.
- Water bottle filling stations are available.

#### GYM CLASS/OUTSIDE RECESS

- Dress weather appropriate! Students need to wear comfortable clothing and safe footwear to school that allows for safe movement and is appropriate for the weather, in order to participate in gym class and outside recess each day.

#### IMMUNIZATION REQUIREMENTS

- PreK students are required to have a flu shot before returning to school in January after winter break.
- Kindergarten students are required to have up to date specific kindergarten required immunizations prior to the start of school.
- 6th grade students are required to have a Tdap and meningococcal vaccines by the first day of school, if they have turned 11 years of age. For those who have not yet celebrated their 11th birthday the immunizations are due 2 weeks after their birthday.

#### EPINEPHRINE AUTO-INJECTORS AND PHYSICIAN'S ORDERS FOR ALLERGIC REACTIONS

- If your child has a history of food allergy and requires an epinephrine autoinjector available while in school please send in the doctor's orders, epinephrine auto-injector and a picture of your child prior to the start of school.
- The epinephrine auto-injector should be current and not expired or going to expire.

#### INHALERS AND PHYSICIAN'S ORDERS FOR ASTHMA

- Please send in new asthma treatment plans and inhalers for use in school.
- Please make sure inhaler is not expired or expiring soon.

#### ADMINISTRATION OF OTHER MEDICATIONS

- Certain health problems require that students take medication during school hours.
- Medication must be in its original, properly labeled container.
- Medication must be kept in the health office at all times.
- Submit a medication order form filled out by your doctor to the nursing office found on the CPS Health Office website.

#### SPORTS PHYSICALS

- If your child is in grades 5 thru 8 and is scheduled for a physical, please have the sports physical forms completed as soon as possible so that the school physician can sign off and provide clearance. 5th graders may participate in cross country and 6-8 may participate in soccer, volleyball or cross country.
- Fall sports start around the first week of September.

- Sports physicals are current for 365 days. If your child’s physical on file at school is current, is the first time a physical is being turned in and it was performed 90 days ago or more then all you will need to fill out is a “Health History Update Questionnaire” form.
- Students may not participate in tryouts or practices without a current physical that has been cleared by our school physician on file.
- Forms are available at school and on the Athletic Page of the CPS Website under Sports Forms. Please be sure to go to the “Services” tab then choose “Health Services” on the CPS website to find more information and also for any forms that you may wish to print for your convenience.

If you have any questions or concerns, please email me at [jsedlacek@cpsnj.org](mailto:jsedlacek@cpsnj.org) or call me at 908-735-8512 Extension 500.

Wishing you and your family a healthy, happy and safe school year,

Mrs. Sedlacek  
CPS School Nurse

