

A Message from the School Nurse

December
2024



Important News

Recommendations for Illness

Please do not send your child to school when the following conditions are present:

- A fever of 100 degrees or more is present (Students should be fever free 24 hours, without the aid of medications, before returning to school)
- Vomiting or diarrhea related to illness
- Severe head cold, persistent cough or severe sore throat
- Evidence of a suspicious skin rash or other contagious condition

Your child is ready to return to school if:

- Fever free without fever reducing medication (i.e., Tylenol, Ibuprofen) for 24 hours
- Free from nausea/vomiting/diarrhea symptoms, it is recommended to be free of these symptoms for at least 24 hours before returning.

Please notify the school nurse if your child has a contagious illness or condition such as chicken pox, pinkeye, impetigo, COVID-19 or head lice.

See links below for respiratory etiquette and hand hygiene videos:

Respiratory etiquette:

<https://www.youtube.com/watch?v=8cD1b7M8owo>

Handwashing video:

<https://www.youtube.com/watch?v=eNmte6Xe3R4>

Medication Policy

Please Review

If your child requires medication at school, **a physician's order and written parent permission are required (even for OTC medication)**. Students are not permitted to bring medication into school themselves.

Medications need to be dropped off by **a parent/guardian**. Medications should be sent in the **original container** and must be labeled with:

Child's name, name of the medication, amount of medication to be taken, time the child is to take the medication

-Medication forms are on the Parkland website/Health Services/Health Forms and in the nurse's office.

Physicals & Dentals

The **School Health Law of Pennsylvania** requires students to have a **physical and dental exam**.

Physicals: All students should have a physical examination upon original entry into school (**kindergarten or first grade**), in the sixth and eleventh grades, and for transfer students whose records do not have any indication a physical exam has been done.

The examination can be done by your family physician or the school physician. If you choose your family physician, a **Private Physician Report can be found on the Parkland website/Health Services/Health Forms, or you can request one from the doctor's office**. It should be completed by your physician and returned to the school nurse as soon as possible. Though we prefer the most recent or upcoming physical exam, the exam could be completed as of July 1st of last year to be accepted.

Dentals: The School Health Law of Pennsylvania requires all students to have a dental examination upon original entry into school (**kindergarten or first grade**), in the **third** and seventh grades, and for transfer students whose records do not have any indication a dental exam has been done.

The examination can be done by your family dentist or the school dentist. If you choose your family dentist, a **Family Dentist Report can be found on the Parkland website/Health Services/Health Forms, or you can request one from the doctor's office**. It should be completed by your dentist and returned to the school nurse as soon as possible. Though we prefer the most recent or upcoming dental exam, the exam could be done as recently as July of last year to be accepted.

*If you have not yet submitted a physical or dental for your child, please do so and we will update their record. Thank you! Call with questions 😊



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*Please call the nurse's office with questions at 610-351-5900 ext. 21520 *Completed forms can be faxed to 610-351-5829

