Message from the School Nurse

Welcome to Kindergarten! Your child is entering school for the first time and this is a very special time in their lives. We want to help you get off to a good start with the health information you will need for things to go smoothly for you and your child.

North Carolina Law requirements for entering public kindergarten are listed below:

If either of these 2 requirements are not completed, the child will be suspended from school. The Suspension Date will be Sep 10, 2025

1. KINDERGARTEN HEALTH ASSESSMENT: Every child entering kindergarten must receive a health assessment/physical examination made no more than 12 months prior to the date of school entry. Information from this exam is to be entered on the blue kindergarten health assessment form required by the state of NC. The health exam form must be presented to the school in order to attend kindergarten.

2. IMMUNIZATION DOCUMENTATION: Every child attending school must present an immunization certificate indicating that the child has received immunizations required by law:
5 DTP (if the 4th dose was on or after the fourth birthday, 5th is not required)
4 Polio (if 3rd dose was on or after the fourth birthday, 4th is not required)
3 Hepatitis B
2 MMR [Measles, Mumps, Rubella] (1st dose must be on or after 1st birthday)
3 HIB (Not required if 5 or older)
4 Pneumococcal conjugate (Not required if 5 or older)
2 Varicella

SPECIAL HEALTH CARE NEEDS

If your child has special health care needs such as asthma, food allergies, beesting allergy or diabetes, teachers and school nurses should know about them and be able to help in emergencies. Please supply this information to the school nurse on the "School Nurse Screening and Emergency Contact" form.
Please call to schedule a meeting with the school nurse if necessary. If your child has a chronic condition such as asthma or diabetes, you will want to develop an *Emergency Action Plan* or *Individual Healthcare Plan* with your child's primary healthcare provider and the school nurse to be certain everyone knows what actions to take if your child has a health problem at school.

SICKNESS

For the well-being of all our students, their families and our faculty, please keep your child at home when he/she is too sick to come to school. Reasons to keep your child at home include: temperature of 100 or greater by mouth, vomiting, diarrhea, or too sick to participate in class. If your child becomes ill at school, a parent will be called to pickup the child and take them home. We cannot let a sick child ride the school bus home.

MEDICATIONS AT SCHOOL

Your child's healthcare provider will need to complete a "Request for Medication to be Given during School Hours" form if your child needs to take any medication on a regular basis during the school day. More complete information on the Medication Policy is available from the school.

BACKPACKS

An overfilled backpack can strain muscles and cause pain in the shoulders and back and can affect your child's posture. A loaded backpack should weigh no more than five pounds. Shoulder straps should be wide and padded. Children should always use both straps.

SCHOOL BUS SAFETY

It is helpful for parents to introduce themselves to the bus driver and discuss appropriate behavior on the bus. Parents are encouraged to talk with their child about their experiences riding the school bus.

NUTRITION AND PHYSICAL ACTIVITY

Breakfast is the most important meal of the day. Breakfast provides fuel necessary for a child's brain and makes learning easier. High protein, low sugar breakfast foods such as whole grain cereals, yogurt, fruit, or peanut butter and jelly are good choices for kindergarteners. More and more children are becoming overweight. The extra pounds affect the children's health, activity, and self esteem. Review the school lunch menus with your children and help them make healthy, low-fat, low-sugar choices. Or, you may wish to send healthy food choices from home for your children. Snacks are also an important source of needed nutrition for children. NC law does not allow high-sugar non-nutrient candy and soda in kindergarten and elementary school vending machines.

Physical education will be part of your child's school day. Parents can support a healthy and active lifestyle by spending additional time each day in physical activities they and their child can enjoy together.

SLEEP

Many school age children do not get enough sleep. Lack of sleep makes it harder for children to pay attention in class and to learn. Children 5-9 years of age need at least 10 to11 hours of sleep each night. Parents can establish a routine bedtime with a relaxation time before lights are turned out.

KNOW THEIR FRIENDS

Friendships are an important part of school success. Children who feel good about themselves and have positive relationships with friends are more likely to enjoy school and work hard there. You can help by getting to know your child's friends and their parents and by noticing how your child interacts with others. This critical information will help you watch out for risky behaviors and will give you the chance to address troubling situations before they get out of hand.

For Physical Exams contact:

1. Your own doctor
2. Iredell County Health Department - 704-878-5300 Sliding scale or Medicaid accepted
3. Statesville Children's Clinic – 704-872-9595 Insurance, Medicaid, or Sliding Scale fee
4. Piedmont Healthcare Urgent Care - 704-924-9111 Does not file insurance – pay cash
5. Statesville Family Medicine – 704-838-1234 or 704-768-2080

For Immunizations contact:

1. Your child's doctor
2. Iredell County Health Department: 704-878-5300 – by appointment only

PHYSICALS AND IMMUNIZATIONS SHOULD BE COMPLETED BEFORE SCHOOL STARTS!!!