

Your Child's Health: Important Information for Parents

When to Keep Your Child Home

Please keep your child home if they have:

- A fever of **100.0°F or higher**, especially with a cough, sore throat, or congestion.
- Vomiting, diarrhea, or persistent nausea.
- Symptoms of contagious or infectious illness.

Please report all absences to your child's school. If your child is ill, consult your healthcare provider for diagnosis and treatment, and notify the school nurse of your child's illness.

Returning to School

When your child returns to school, please send a note explaining the reason for the absence.

A healthcare provider's note is recommended when:

- Your child has been absent for **more than five school days**.
- Your child is returning after a contagious illness.
- Your child requires activity restrictions or clearance for physical education, recess, or sports.

If a contagious illness is confirmed within the school community, families will be notified and provided with appropriate health guidance.

Children with Special Health Care Needs

If your child has medical conditions such as asthma, allergies, diabetes, seizures, or any other condition requiring monitoring or emergency care, please notify the school nurse before the start of the school year or whenever there is a change in your child's health.

Working together helps us provide a safe and supportive school environment.

Protecting Your Child's Privacy

Your child's health information is kept confidential in accordance with New York State law and is shared only with staff who have a legitimate educational or medical need to know.

If the school nurse needs to obtain medical information directly from your child's healthcare provider, a signed parent/guardian authorization is required.

Medications at School

Prescription and over-the-counter medications may only be administered at school when:

- A completed **Permission to Administer Medication** form is signed by both the parent/guardian and healthcare provider.
- Medication is delivered to the school by a parent/guardian in its original labeled container.

Students may carry and self-administer asthma inhalers or epinephrine auto-injectors (EpiPens) only with healthcare provider authorization and demonstrated competency, in accordance with district policy.

Medication forms are available on the district website and from your school nurse.

Required Physical Examinations

New York State requires physical examinations for:

- New entrants
- Kindergarten
- Grades 1, 3, 5, 7, 9, and 11

Physical examinations are also required for participation in interscholastic athletics.

If a current physical examination is not on file, you will receive notification. Physicals are valid for one year from the date performed.

School physicals are available through the district's Medical Director for families without access to a healthcare provider. These screenings do not replace a comprehensive examination by your child's physician.

If Your Child Becomes Ill or Injured at School

The school nurse will assess your child and provide appropriate care. Parents/guardians will be contacted when necessary.

If a parent or guardian cannot be reached, emergency contacts listed in the Parent Portal will be contacted. Please keep your emergency contact information current throughout the school year.

In a medical emergency, the nurse will provide immediate care, notify you as soon as possible, and call Emergency Medical Services (911) when indicated.

If hospital transport is required, your child will generally be taken to White Plains Hospital unless emergency personnel determine another facility is more appropriate. A school administrator or designee will remain with your child until a family member arrives.

School Accident Insurance

If your child is injured during school or a school-sponsored activity requiring medical treatment, the district's accident insurance serves as secondary coverage after your primary health insurance has been applied. Claim forms are available from the school nurse.

School Health Office Contacts

School	Main Office	Nurse's Office
Church Street	914-422-2402	914-422-2403
George Washington	914-422-2381	914-422-2386
Mamaroneck Avenue	914-422-2286	914-422-2291 / 914-422-2358
Post Road	914-422-2320	914-422-2326
Ridgeway	914-422-2082	914-422-2084
Eastview	914-422-2448	914-422-2412
Highlands	914-422-2090	914-422-2133
White Plains High School	914-422-2198	914-422-2231 / 914-422-3526
Rochambeau	914-422-2420	914-422-2020

For questions or assistance, please contact your child's school nurse or:

Magaly Racioppo, MSN, RN
Director of Nursing Services
914-422-2011