



Amesbury Public Schools

2026-2027 Student Health Guidelines

APS School Nurses Welcome You to a Healthy School Year

Please save this flyer for reference



ILLNESS

Your child should stay home from school if...

- fever of 100° or higher
- diagnosed with a contagious illness
- vomiting and/or diarrhea
- persistent cough/cold
- runny Nose with excessive nasal discharge that may not be clear in color
- unexplained rash, sores, sore throat or crusty, inflamed eyes



Your child may return to school when...

- fever-free without the use of fever reducing medication for 24 hours
- completed 24 hours of antibiotics with a medical note to return to school. (Please consult with your school nurse prior to returning)
- free of vomiting/diarrhea for 24 hours, severe symptoms have resolved, and child is able to tolerate a normal diet
- evaluated by a clinician for a persistent cough/runny nose or rash and symptoms are mild enough to avoid disruption to the learning environment
- Positive Strep result must be treated with antibiotics x12 full hours and student must be free of fever and vomiting for 24hrs prior to return to school



Heads UP on CONCUSSIONS!

A doctor's note is required for any diagnosed concussion and should include classroom accommodations. Scan QR code to the left or click the link above.



MEDICATIONS

****Medications MUST be brought to the School Nurse by a responsible PARENT / GUARDIAN****

All medications require a completed "Medication Administration Plan" (MAP) completed by parent/guardian

Over the counter medications listed on our Student Health Information Form may be administered in school if determined necessary by the school nurse, provided that permission is obtained from parent/guardian. This consent must be renewed at the beginning of each school year.

Prescription medications prescribed for more than 10 days, or controlled medication, require a doctor's order.

With written doctor's orders & RN approval, a student may carry:

☒ Inhalers

☒ Insulin

☒ Epi-pens

☒ Enzymes



- All medications are required to be submitted and stored in their original containers, clearly labeled by the pharmacy
- It is the parent/guardian's responsibility to retrieve all medications and/or medical equipment/supplies at the end of the school year
- If needed, a parent/guardian may administer medication to their child at any time during the school day – this must be done in the nursing office

INJURY / PHYSICAL EDUCATION (PE) EXCUSALS

- If your child is returning to school with any injury or has had surgery, obtain a note from the doctor for the absence
- Notify your school nurse immediately of ANY physical injury (including concussions) or surgery
- A doctor's note should state the nature of the injury, any limitations or restrictions, and the date(s) the child should be excused from any physical activity ie: physical education, sports, and recess



- A parent may provide a written excuse from PE for up to 3 days **ONLY**, longer than this requires a doctor's note
- A doctor's note is required for the use of:
 - crutches in school
 - casts, slings, and the use of any splints
 - any physical accommodations such as elevator use, wheelchair, etc.
 - return to school/play after suspected or diagnosed concussion

HEALTH CONCERNS & HEALTH INFORMATION

Does your child have:

- Asthma
- A severe allergy
- Seizure disorder
- Diabetes
- other health concern

Visit our website by clicking Amesbury Public School Nurses at the top of the page or by scanning this QR code



Fill out and submit necessary forms

Contact your designated School Nurse (contact info on reverse side)

APS requires that a Student Health Information form be completed at the start of each school year



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Health Insurance

If you require assistance with obtaining health insurance for your child and/or family, please contact your School Nurse or Pettengill House to complete an application



Pettengill House, Inc.

Non Profit Community Social Service Agency
21 Water Street, Suite 4A
Amesbury, MA 01913
P: 978.463.8801



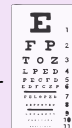
Mandated Screenings

SCREENING	GRADES
Vision	K through 5, 7, 9
Hearing	K through 3, 7, 9
Growth & Development (BMI)	1, 4, 7, 9
Postural	5-9
SBIRT	7, 9



WOULD YOU PREFER YOUR STUDENT NOT BE SCREENED AT SCHOOL?

You must provide the request in writing to your school nurse each year,



Clothing / Donations

APS School Nurses are *always* grateful to accept donations.

If you would like to donate items, please contact your school nurse to coordinate.

Suggested items: gently used clothing/shoes, cold weather gear, school supplies/backpacks, classroom supplies.

IT IS THE SOLE RESPONSIBILITY OF THE PARENT/GUARDIAN TO NOTIFY THEIR DESIGNATED SCHOOL NURSE OF ANY CHANGES AND/OR HEALTH NEEDS OF YOUR CHILD. PLEASE MAKE SURE ALL HEALTH FORMS ARE UP-TO-DATE TO HELP US ENSURE YOUR CHILD CAN ADEQUATELY ACCESS THEIR EDUCATION.

Immunizations / Physicals

- MA state law requires an updated physical and immunizations to be turned into school every 3-4 years
- Updated immunizations are required to avoid exclusion from school
- For immunization exemptions, a letter is required annually

APS School Nurse Contact Information

Pre-K - 2 nd	Sgt. Jordan Shay Memorial Lower Elementary School	Nicole Quadros, BSN, RN, NCSN nicole.quadros@amesburyma.org	P: 978.388.3659 x2006 F: 978.388.4961
3 rd - 5 th	Cashman Elementary School	Kieran Ford, BSN, RN kieran.ford@amesburyma.org	P: 978.388.4407 x5011 F: 978.388.4961
6 th - 8 th	Amesbury Middle School	Jody Omohundro, BSN, RN, NCSN jody.omohundro@amesburyma.org	P: 978.388.0515 x3085 F: 978.955.2562
9 th - 12 th	Amesbury High School	Michelle Parsons, BSN, RN michelle.parsons@amesburyma.org	P: 978.388.4800 x1206 F: 978.388.4919
9 th - 12 th	Amesbury Innovation High School	Kristin Tierney, FNP-C, NCSN Lead Nurse kristin.tierney@amesburyma.org	P: 978.388.8037 x4004 F: 978.388.8073

Are you a new student or a kindergartener?



Complete your registration paperwork and submit to Central Registrar



Miraidis Munoz-Velez
Central Registrar
Ph: 978.388.0531