

SMITHTOWN CHRISTIAN SCHOOL

TO: ALL PARENTS

SUBJECT: HEALTH OFFICE INFORMATION

YEARLY HEALTH SURVEY: To be completed on FACTS Family Portal. This form will be available prior to Orientation Day each year, and is to be completed in order to attend. Information must be completed for each child. Information is to include health information, such as Asthma, Allergies, Diabetes, Seizures, etc. Also, Emergency Contacts are required. Children will NOT be released to anyone who is not listed on this form. **Please be sure to list four (4) contact people in addition to parent numbers. If your child is seriously ill or injured and we are unable to reach the people listed on your card, an ambulance will be called.**

PHYSICAL EXAMINATIONS: Children entering grades K, 1st, 3rd, 5th, 7th, 9th, 11th, and all new students to the school are required by NYS law to submit a current Physical Exam at the start of the school year.

SPORTS PHYSICAL: Every student who plans to try out for a sport or cheerleading **MUST** submit the required documentation to the Health Office. The NYS School Health Examination and Health Screening Forms are available in the Health Office and on the SCS website. The student's doctor completes and signs the Health Examination Form. The parent completes the Health Screening Form. This form **must** be submitted with the Health Examination Form to the school nurse who obtains final clearance from the school district doctor. Please note: the completed Health Screening form must be reviewed by the doctor at the time of the Physical Examination.

No student may try-out, practice or play without full medical clearance.

Please see the **Sports Physical Procedure** on the SCS website for additional information.

ILLNESS or INJURY WHILE AT SCHOOL: When a child becomes ill during the school day he/she is sent to the nurse by their teacher. The nurse will notify parents to pick up their children as necessary. We request that **pick up be made within one hour. No student should call parents from a cell phone to be picked up. Academic penalties will apply if this rule is violated.**

MEDICATION: If medication must be taken during school day, parents must contact the Health Office for medication order forms. All medication (including over-the-counter drugs) must be accompanied by specific written doctor's orders and written parental consent. Medication must be in a labeled prescription bottle and locked in the Health Office. Only adults may bring in and take home the medications.

No student is permitted to carry medication, unless Self-Medication form is completed.

He/she **must** carry their unexpired medication for school. Student must be responsible to have their medication on hand at all times.

Parent may also keep a spare medication in the Health Office.

PHYSICAL RESTRICTIONS: If a student sustains an injury, a doctor's note must be sent to the nurse upon return to school. The note should include **diagnosis**, need for casts, crutches, or splints in school, and the duration of the restriction. A special "extra time" pass, and elevator pass will then be issued if the doctor has requested these in writing. Updates must be provided by doctor regularly (usually every 30 days).

ABSENCES: To ensure a healthy school environment, **please keep your child home when he or she has:**

*Temperature of 100 or higher in past 24 hours

*Any unexplained rash, eye redness/irritation/drainage, or earache, etc.

*Symptoms of illness, such as vomiting, diarrhea, persistent cough, or heavy cold symptoms in past 24 hours

*Recent strep throat (must be on antibiotics for at least 24 hrs to return to school)

If your child is absent from school, please call the **Main Office before 9:00 AM. Children must be Fever-Free for 24 hours (without the benefit of fever-reducing medications) before returning to school.**

Good communication from parents will enable me to provide the highest level of health care to your child. If you have any questions or your child has special needs, please call me at 265-3334 X 206.

Thank You,

Pat Thomas, RN
School Nurse