



Hello Parents, Guardians and Students! Welcome to the Saint Joseph School Health Office.

My name is Nancy Higgins, RN, BSN, CSN of NJ your School Nurse (Nurse Nancy)

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The goal of our Health Services is to promote the optimal health of students, provide a safe environment, maintain positive attitudes and teach safe health practices. We want our students to be happy and healthy to learn in school.

The following is some helpful information:

- **Absences from school:** Please call Mrs. Marconi in the main office 201- 261-2388 or Nurse Nancy 201-261-1860 to report absence.
- **School Policy:** We have a nut sensitive and aware school. We strive to keep nuts of any kind off our campus. Please be aware that there may be students in your child's class that may have severe allergies to peanuts and tree nuts. There are no nut products served in our cafeteria. Please stress the importance of not sharing food items with other students.
- **Flu Vaccines:** Seasonal flu vaccine is **MANDATORY** for all **PreK3 and PreK4** Greenhouse students. This is a NJ State law and must be completed with documentation returned to the school nurse before the Christmas break begins. In all other grades a flu vaccine is recommended but not mandatory at this time. If your child receives one please let me know so I can update their health records.
- **Medications:** If your child will need medications during the school day/year, written permission **renewed** each school year from the doctor and parent along with the medication in the original labeled container with the students name on it should be given

to the nurse. This includes over-the-counter medications as well. The older students may have doctor permission to carry inhalers and/or other rescue medications with them as long as the doctor gives written permission to the school.

- **Annual Physical Exams:** Physicals are recommended yearly. Your nurse will send home a blank form at the end of each school year. If you bring your child for a checkup during the school year please have them fill out the form and return a copy to the nurse. **All New Entrants** must submit an updated physical form to start school. And all students must have vaccine records on file to begin school.
- **Keep your child home and call us if you see the following:** (call your child's doctor as needed) Fever over 100, diarrhea, vomiting, flu, pink eye (conjunctivitis), rashes of unknown origin, or as your child's doctor instructs you to. Always let us know if your child cannot take gym so the teacher can be notified.
- **Lice (Pediculosis):** Screening is conducted randomly as needed throughout the school year. As per the recommendations of the American Academy of Pediatrics: Students will be sent home for treatment and can return to school the following day. Ask the nurse for help if needed.
- **When will the nurse call or send a note if your child visits the health office:**
 - Illness with fever, active repeat vomiting or diarrhea
 - Head wounds or severe hit to the head
 - Suspected broken bones/fractures "student states they can't walk"
 - Fainting, disorientation
 - Suspected contagious illness
 - Deep lacerations or multiple cuts
 - MAKE SURE WE HAVE ALL YOUR TELEPHONE AND EMERGENCY CONTACT NUMBERS AT THE SCHOOL. EMAIL IS HELPFUL TOO!

* **Yearly Screenings done at School are as follows:** as per the State of NJ

- * Heights/Weights: All students
- * Vision Screening: grades K, 2, 4, 6, 8
- * Audiological (hearing): K, 1, 2, 3, 7
- * Scoliosis (back/spine): 5, 7

Please remember to sign the screening form to opt-in or out. Any student that has had a recent Physical Exam by their doctor and returned it to the school nurse will not need to have school screenings.

We look forward to a healthy school year!!