

STUDENT HEALTH & THE SCHOOL NURSE

School nurses encourage student wellness through education on nutrition, good health habits, exercise, and proper sleep. We suggest that you encourage your daughter to eat the necessary foods to insure proper growth and development, **including breakfast**, and to practice other good health habits such as good hand washing, getting plenty of exercise and eight to ten hours of sleep to contribute to her well-being.

School nurses work under written orders of the school district physician for first aid. **Nurses are prohibited by law to diagnose injuries or illnesses.** Please do not send your child to the school nurse for diagnosis. Decisions regarding the need for medical care rests finally with the parents. Therefore, parents are always contacted to take the child home or to the doctor as the need arises. Transportation is the responsibility of the family, unless the situation requires emergency, ambulance transport.

Please feel free to call the nurse any time for information. We look forward to a continued partnership with parents working toward healthy and strong Villa Maria Academy students!

ILLNESS OR INJURY AT SCHOOL

If a student becomes ill during school hours, she must have a pass from the teacher in charge and report to the nurse's office. If the nurse is not there, she is to report to the main office.

If she becomes ill between classes, she should secure a pass from the teacher of the next scheduled class.

The school nurse will notify parents/guardians in the event the student needs to be sent home. **Permission by the school nurse or administrator is REQUIRED before any student with an illness may leave the building.** Parents/guardians or their designated alternate are responsible for escorting the child home from school within a reasonable (within one hour) amount of time. **Students should not use their cell phones to contact parents with regard to illness or injury at school, they must go thru the Nurse's Office!**

EXAMS

Private physical examinations are required upon original entry into school and again in grades 6 and 11. ([link here to physician's exam form](#))

Dental examinations are required upon original entry into school and again in grades 3 and 7 (link here to dentist's exam form)

REQUIRED IMMUNIZATIONS:

Proof of completed PA State mandated immunizations are required BEFORE a child may attend school.

PA State Law states, "that a child may not be admitted to school without proof of these immunizations."

- 4 doses of tetanus*
(1 dose on or after the 4th birthday)
- 4 doses of diphtheria*
(1 dose on or after the 4th birthday)
- 3 doses of polio
- 2 doses of measles**
- 2 doses of mumps**
- 1 dose of rubella (German measles) **
- 3 doses of hepatitis B
- 2 doses of varicella (chickenpox) vaccine or history of disease (phased in by 2010/2011)

*Usually given as DTP or DtaP or DT or Td

**Usually given as MMR

Children ENTERING 7th grade starting in 2009/2010 need the following:

- 1 dose of tetanus, diphtheria, acellular pertussis (**Tdap**) (if 5 years has elapsed since last tetanus immunization)
- 1 dose of **meningococcal conjugate vaccine (MCV)**

These requirements allow for medical reasons and religious beliefs.

If your child is exempt from immunizations,

he/she may be removed from school during an outbreak.

Pennsylvania's school immunization requirements can be found in 28 PA.CODE CH.23 (School Immunization)

Contact your health care provider or 1-877 PA HEALTH for more information!

EMERGENCY CARDS

Two cards are kept on file for each student, one at the nursing office, and one at the main office. It is very important that these be ***returned to school the next day***. Please be sure **BOTH** sides are filled in *completely* and *signed*. This is a yearly requirement; no cards will be carried from year to year. A card must be filled out for each daughter that attends VMA.

Please list all Allergies, Health/Medical concerns and Medications taken by your daughter. It is vital that the nurse and teacher know all Health/ Medical conditions. Strict confidentiality is always taken!

*** Emergency contacts must be someone local that has your permission to pick up and care for your daughter if you cannot be reached!**

Please UPDATE any information that changes during the year!

.....that means.....new work or cell numbers, new address, allergies or changes in medical conditions. Please understand this is for the safety of our students.

The Nurse must be able to contact you....please check voice mail, emails, answering machines frequently and please HAVE YOUR CELL PHONES ON during school hours.

WHEN TO KEEP YOUR CHILD HOME FROM SCHOOL:

- ✓ **Fever of 100 degrees or higher**, and child should be fever free for 24 hours , (**without** fever reducing medication)
- ✓ If your child has a *low grade fever* (99 degrees) and has *other symptoms* (cough, headache, sore throat, nausea, cramps) or generally looks sick
- ✓ If your child has a GI virus that includes vomiting or diarrhea, they should not return until they have gone 24 hours **without** vomiting or diarrhea. Also *if your child vomits in the am prior to the school day*, please **don't** send them that day.
- ✓ Severe congestion, including chest, nasal or sinus, or frequent nasal discharge. Coughing: if a child is coughing enough to need cough medicine during the school day, she should be kept home. Coughing is one of the most common ways to spread germs.
- ✓ **Contagious diseases: (undiagnosed rash, mononucleosis, chickenpox, pink eye/conjunctivitis, lice, strep throat, etc).....return 24 hours after start of treatment, in the case of chicken pox....all scabs must be dry, in the case of lice.....it must be treated and the head free of lice and nits..... you must also notify the school when lice is discovered at home so we can eliminate it as quickly as possible, also you must check in with the nurse in the nurse's office **before** returning to class that day!!..... ANY QUESTIONS ??....CALL THE SCHOOL NURSE (ext. 103)**

MEDICATIONS IN SCHOOL

If a student needs to take medication in school, we request that the medication be delivered directly to the school nurse's office by the parent when at all possible. There is a medication form: "*PERMISSION TO ADMINISTER MEDICATION IN SCHOOL*", which needs to be filled out by a parent/guardian. This is downloadable on the VMA website!

All medicine, both prescription and over the counter, *must be in its **original container** and labeled with *name of child, name of medication, dose time and amount & any special instructions*. Check expiration dates; no expired meds will be given.*

Medication listed on emergency cards will be administered to a student only if the medication has been checked "yes" on the card which gives us parental permission for its administration.

If your child has asthma and uses a rescue inhaler (like Albuterol), it's a good idea to bring one into the Nurse's office, so there is one here for the year for her in case she needs it.

If your child has *taken a medication in the morning prior to school*, please **send a note** into the teacher so she and the nurse can be aware. (Most students know that they took something but not what kind of medicine).

- NO STUDENT MAY EVER CARRY MEDICATION (PRESCRIPTION OR OVER-THE COUNTER) ON HER PERSON WHILE ON SCHOOL GROUNDS!! (Only exception is a rescue inhaler maybe kept in the student's backpack if she has asthma, since she might need it for after school activities)
- ALL MEDICATION IS KEPT IN THE NURSE'S OFFICE!

HEALTH EDUCATION:

Throughout your daughter's years at Villa, she will be informed on various health issues such as: *NUTRITION, PROPER HANDWASHING, DENTAL HEALTH, PUBERTY AND MENSTRUATION, PERSONAL HYGIENE, STRANGER SAFETY, SMOKING PREVENTION, etc.*

..... If you or your daughter has any specific health issues or concerns, feel free to stop in and see the nurse!