

Biddeford Schools & Dayton Consolidated

est. 1848

August 2023

Dear Parents/Guardians:

As we plan for our return to school, we want to be sure your children have a smooth, healthy transition and you have all the information you need. Please take the time to read this important health information addressing:

- Immunization Requirements
- School Protocol: *When we send children home and when to stay home*
- Returning To School After Any Illness
- Medications
- Food or Insect Allergies
- Clothing
- Head Lice

Thank you for your assistance in assuring the safety of all of our students, and we appreciate you putting your trust in us to care for your child. If you have any questions regarding the information below or during the school year, please feel free to contact us directly.

Biddeford & Dayton School Department School Nurses

John F. Kennedy School (PreK-K) - Jessica Wasco, RN jwasco@biddefordschools.me

Biddeford Primary School (1&2) - Cassie Jacques, RN cjacques@biddefordschools.me

Biddeford Intermediate School (3&4) - Alexandria Oliver, RN aoliver@biddefordschools.me

Biddeford Middle School (5-7) - Gloria Fickett, RN gfickett@biddefordschools.me

Biddeford High School/APC/COT (8-12) - Krystal Taschereau, RN ktaschereau@biddefordschools.me

Dayton Consolidated School (PreK-5) - Jennifer Aguirre, RN jaguirre@daytonschooldept.org

IMMUNIZATION REQUIREMENTS:

Effective September 1, 2021, Maine law around immunizations changed to remove the philosophical and religious exemptions from school immunization requirements. **As a result, unless your child has laboratory evidence or reliable documentation from their healthcare provider of immunity or a medical exemption is provided, which must include a written statement from a licensed physician, nurse practitioner, or physician assistant that immunization against one or more of the diseases may be medically inadvisable in their professional judgement, all students MUST receive the required vaccines* below prior to the start of school:**

- **Required for PreK entry:**
 - 4 DTaP (3 DTaP if 4th is given on or after 4th birthday)
 - 3 Polio (2 Polio if the 3rd is given on or after the 4th birthday)
 - 1 MMR (measles, mumps, rubella)
 - 1 Varicella (chickenpox) or reliable history of disease
- **Required for Kindergarten entry:**

- 5 DTaP (4 DTaP if 4th is given on or after 4th birthday)
- 4 Polio (3 Polio if the 3rd is given on or after the 4th birthday)
- 2 MMR (measles, mumps, rubella)
- 2 Varicella (chickenpox) or reliable history of disease
- **Required for 7th grade entry:**
 - 1 Tdap
 - 1 Meningococcal Conjugate Vaccine (MCV4)
- **Required for 12th grade entry:**
 - 2 MCV4, only one dose is required if the 1st dose is given on or after 16th birthday

** Each immunization entry must include: vaccine type, date administered, and the name of the provider.
Please call your doctor's office today to prevent a delay in starting school.*

Please monitor your child(ren) for illness. Please refer to the chart below for guidance:

Symptom:	Keep your child home if:
Covid-19	Our district will continue to follow the recommendations of the Centers for Disease Control (CDC). Please refer to the following link for more information on symptoms of Covid-19, Isolation, and Quarantine: Covid-19 Sign & Symptoms
Fever	He/She has a morning temperature of 100 degrees Fahrenheit or higher, or if the temperature is below 100, but he/she is achy, pale, or tired. **Should be 24 hours fever free without medication before returning.
Stomach Ache	He/She has had two or more episodes of vomiting or diarrhea or has had one in the past 24 hours and feels tired or ill. **Should be 24 hours without vomiting/diarrhea before returning.
Sneezing/Runny nose/Congestion	He/She is sneezing a lot, and his/her nose won't stop running, and/or they are unable to contain the nasal congestion.
Sore Throat	He/She has tender swollen glands and a fever of 100 or higher.
Cough	He/She coughs frequently, coughs up phlegm, or the cough sounds like a bark or is accompanied by a sore throat or wheezing.
Ear Ache	His/Her pain is constant or severe- a sign of Otitis Media (ear infection).
Rash	The rash blisters, develops pus, or is uncomfortable, which can signal chickenpox or impetigo.

If symptoms persist more than 24 hours or worsen, we encourage you to call your child's physician

SCHOOL PROTOCOL: When we send children home and when to stay home:

- Any symptom listed above.
- Injuries that may require further medical attention or parent instruction.
- Chronic medical conditions that may require further evaluation or parent instruction.
- Any other condition for which the health staff determines a medical evaluation is necessary.

RETURNING TO SCHOOL AFTER ILLNESS OR INJURY:

- **Students with a Covid Diagnosis:** Our district will continue to follow CDC Covid Guidance. Currently, individuals diagnosed with Covid will isolate at home for five (5) days following the onset of symptoms or the date of a positive test if asymptomatic. Students may return to school on day six (6) if symptoms are improving and no fever for 24 hours. Students will be required to wear a mask on days 6-10. If CDC guidance changes, this will be communicated to families.
 - **Students with other Illness or Injury:** When returning to school, students must be well enough to participate in all activities and be fever free/symptom-free for 24 hours. If there is a specific restriction from some activity, there must be a note from the student's health care provider stating the restriction and the expected duration of the restriction.
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MEDICATIONS:

Please review the district policy on medications: [BIDDEFORD Policy](#) & [DAYTON Policy](#).

Should your child need medication at school, please contact the school nurse, and we will be happy to assist you. **Please do not send medications to school with your child; schedule a time with the School Nurse for drop-off.** Children are not allowed to carry any medications (prescription or over-the-counter) at school without a physician, school nurse, and/or parent authorization. In the case of emergency medications, such as inhalers and EPI PENS, that determination will be made by your child's healthcare provider and school nurse.

- [Asthma Action Plan](#)
- [Food Allergy and Anaphylaxis Emergency Plan](#)

FOOD OR INSECT ALLERGIES:

If your child has a food or insect allergy, please discuss this with the school nurse. It is important for us to have a treatment plan at the start of each school year by a physician and medications (if needed) on file in the event of an emergency.

CLOTHING:

Clothing can become wet from spills, the playground, or bathroom accidents. Children are **not allowed** to stay at school wearing clothing contaminated with blood or body fluids. Please have an extra change of clothes available in your child's backpack in case they need to change.

HEAD LICE:

Please check your child's hair frequently throughout the year. In the event that your child has head

lice, please treat him/her and comb their hair with a lice comb (metal lice comb is recommended) daily for four (4) weeks after initial treatment. Also, please notify the school nurse. If your child will be absent from school, please notify the school office.