

Westwood Regional School District

K12 Medical Handbook

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Absences:

Students should remain home if any of the following symptoms are present:

- ☐ Excessive runny nose, coughing, or sneezing
- ☐ Fever of 100 degrees or above – students may return to school only after being fever free for at least 24 hours without the use of antipyretics (i.e., Advil, Motrin, or Tylenol)
- ☐ Nausea, vomiting and/or diarrhea
- ☐ Skin rashes of a questionable or unknown origin
- ☐ Sores on the skin, especially if moist, draining or encrusted

Communicable Diseases:

A physician's certificate is required when a student has been absent due to Chickenpox, Conjunctivitis (Pink Eye), Fifth's Disease, Hepatitis, Mononucleosis, Scarlet Fever, Strep Throat, or any other communicable/contagious disease.

- ☐ *Chickenpox*: The student may return to school seven days after the appearance of the rash if all scabs are dry and they remain fever free without analgesics.
- ☐ *Conjunctivitis* - Students diagnosed with "pink eye" must remain out of school until the eyes are clear or they have a physician's certificate stating they are no longer contagious.
- ☐ *Fifth's Disease* - Students may be admitted to school with a physician's certificate even if the distinctive red rash on the cheeks, which often spreads to the body is still present.

Health Screenings:

In accordance with N.J.A.C.6A:16-2.2, health screenings will be performed by the school nurse including: height, weight, hearing, vision, blood pressure and scoliosis. Parents/guardians will be notified of any student suspected of deviation from the recommended standards.

Immunizations:

Admission to school is pursuant upon the New Jersey Department of Health and Senior Services Immunization Requirements outlined in Minimum Immunization Requirements for School Attendance in New Jersey, N.J.A.C. 8:57-4.

Injuries:

Any student requiring a cast, crutches, slings, splints, use of a wheelchair or any other accommodations at school requires documentation from a physician. Clearance must be obtained from the school nurse prior to entering the classroom.

If your child has been admitted to the hospital and/or visited the emergency room for illness or injury, please notify the school nurse.

Long Term Illness or Injury:

In the event the student experiences long term illness or injury, the parent/guardian is requested to contact the Health Office/Certified School Nurse for further instructions.

Medication in School:

In compliance with the New Jersey State Department of Health and Senior Services and Westwood Regional School District's Board of Education policy.

Students requiring medication during school hours must provide the following:

- ☐ A written statement from the prescribing physician identifying the name, dosage, frequency and purpose of the medication as well as written permission from the parent/guardian for the administration of the medication.

**** Please note:**

ALL medications ordered by the primary physician need to be renewed at the end of the school year for the upcoming year. Medication orders expire at the end of each school year.

- ☐ Students may be approved to self-administer specific medication in certain life-threatening conditions, such as Anaphylaxis and Asthma. Written permission from the physician and parent must be obtained.
- ☐ Prescription medication must be brought to the Health Office in the original container with the pharmacist's label, the prescription number, student's name, dose to be given, and physician's name.
- ☐ Over-the-counter-medications adhere to the same requirements as prescription medications (as stated above) and must be provided in their original packaging.
- ☐ Cough drops, provided by the parent, may be used in school when accompanied by the written authorization of the parent/guardian.

**** Parent/Guardian is responsible for the transport of any medication to the school nurse.**

Students are not permitted to carry or take any medication without permission.

Pediculosis (Lice):

Students identified with Head Lice are excluded immediately and the parent/guardian is advised to contact the family physician. The student may return with a note from the parent/guardian indicating the date of treatment and the product used.

***The student's head will be inspected upon readmission to the school by the school nurse and as needed.*

Physical Education Excuses:

- ☐ A student requesting to be excused from Physical Education Class (PE) for a day must bring a note from his/her parent/guardian to the school nurse upon arrival to school in the morning.
- ☐ Students who are to be excused from PE for more than two classes, must bring documentation from their physician.
- ☐ Students with long-term excuses from PE from their physicians may resume classes only with the school nurse's approval based on the physician's written authorization.
- ☐ Students excused from PE will remain indoors during recess, unless a note from their physician and parent/guardian is received stating that the child may go outside. However, the student must refrain from all physical activity while outdoors.

***Any student excused from Physical Education class who participates in a school sponsored athletic team, intramural team, or club/fitness program will be excluded from practices and games until such time as they are cleared by their physician to return to Physical Education class.*

Physical Examinations:

- ☐ Each student must submit from a physician, documentation of a physical exam upon entry to Pre-K, Kindergarten, as well as all new entrants to the Westwood Regional School District. This examination must be completed no more than 365 days prior to entry and must state what, if any, modifications are required for full participation in the school program.
- ☐ Parents/Guardians are also notified of the importance of obtaining subsequent medical examinations for the student at least once during each developmental stage. These examinations are requested by the District during: Early Childhood (Pre-K & Kindergarten), Childhood (grade 2), Pre-Adolescence (grade 5), and Adolescence (grades 8 and 10). A full report when submitted to the school nurse shall be maintained as part of the student's health record.

Parents/Guardians are encouraged to contact the student's school Health Office with any questions.
Sincerely,

Westwood Regional School District Medical Department

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