Reading Public Schools

Instilling a joy of learning and inspiring the innovative leaders of tomorrow

School Medical Policies

Your child's health is very important to us. A healthy child is a child who is ready to learn.

1. **Documentation of all immunizations and a physical exam must be provided prior to the first day of school as mandated by Massachusetts State Law.** All medical requirements are included in new student paperwork. If your child has a summer birthday, please make sure their scheduled physical happens before the first day of school and send the documentation to school for your child's record. Medical or religious immunization exemptions are permitted; documentation of such exemptions is required annually.

2. **First Aid:** Most injuries are minor; however, please make sure to complete all emergency contact information for your child. Include contact numbers for parents and any other person who might be responsible for picking up your child in the event of an emergency. Also include your child's physician's name and contact information. Remember to update this information throughout the school year for any corrections or changes.

3. **Medication Guidelines**:
    a. Doctor's orders and parent authorization forms must be completed for **ALL** medications given in school (including over-the-counter medications).
    b. Tylenol and ibuprofen can be given in middle and high school with parental consent.
    c. All medication orders expire at the end of the school year.
    d. Medications must be provided in their original labeled container.
    e. A parent or responsible adult must transport medication to and from the Health Office and meet with the nurse regarding instructions**. Do not send any medication in your child's backpack.**
    f. Exception to medication guidelines: Short term antibiotics may be given without a doctor's order. The antibiotic must be provided in the original labeled container. This serves as proof of a doctor's order in this case only.

4. **Attendance at School:** Please do not send your child to school if they have any of the following:
    a. Fever of 100 degrees or higher. A child with a fever should not return until they have been fever-free without a fever reducer such as Tylenol or Ibuprofen for 24 hours.
    b. Infectious illness such as strep throat for which they have been treated with antibiotics for less than 12 hours.

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c. Any symptoms listed on the COVID health screening. Please check your child for symptoms daily. If you have any concerns, please contact your school nurse, and follow up with your child's physician.

5. **School Screenings:** State mandated school screenings are as follows: Vision screenings are done in grades prek-5,7 &10, hearing screenings are done in grades K-3, 7 & 10. Height and weight screenings are performed annually on grades 1,4, 7 &10. Postural screenings are done for grade 5-9 annually. SBIRT screenings are done in grades 8 &10.
   Parents will be notified of upcoming screenings and notified if a referral is indicated after the screenings. Parents may opt out of any screenings in writing to the school nurse.

6. **Communication** from the Health Office is through SNAP Health Portal, which connects directly with your child's electronic health record, and provides direct messaging to your school nurse. School nurses may also reach out via phone call, email, and school newsletters. Please make sure your contact information is up to date.

7. **Contagious Illnesses:** Please notify the Health Office if your child has any contagious illness or conditions such as COVID, flu or strep throat. Always refer to your pediatrician for guidance.

8. **Student Absence:** If your child is absent, please call the absentee phone line and mention the reason for the absence. A note is required for all absences when your child returns.

9. **Allergy Guidelines:** Reading Public School Guidelines for Food Allergies are available on the district webpage under District Information. All classrooms are food-free except for individual snacks and lunches provided from home. All food brought into the classroom must follow the Food Allergy Guidelines. You will be notified of food allergy restrictions for your child's classroom prior to the beginning of the school year. No food sharing is allowed.

10. **Allergies and Chronic Conditions:** Please contact the school nurse if your child has any health issues or life-threatening allergies so appropriate accommodations can be made.

11. Please send in a copy of your child's yearly physical so that health records and immunizations can be updated.

12. Summer is a good time to reinforce good hygiene habits such as handwashing, cough and sneeze etiquette and the importance of no food sharing at school. Another health issue to consider is lice prevention. Please get into the habit of watching for symptoms and routinely checking your child's head.

Please contact your school nurse with any questions or concerns. We look forward to working with you and getting to know your child.

Sincerely,

Reading Public School Nurses

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