



Gloucester Township Public Schools

Dear Parents/Guardians,

Welcome to the new school year! We look forward to a safe and healthy school year!

We would like to outline some of the guidelines regarding the Health Office. Please keep this letter for future reference.

To Report an Absence

Please call your child(s) school to report your child absent. Please note that this is not the number for the nurse's office. If you have a concern that needs to be discussed with the school nurse, please call the school and select the proper prompt for the nurse.

Health Related Concerns

If your child is absent due to illness for 3 days or greater, a doctor's note is required. Please keep in mind that a doctor's note is not an "excused absence". Please see attendance policy for further details. **If your child has been experiencing any vomiting, diarrhea or fever (temperature 100.4 or greater), please keep your child home until their symptoms are resolved for 24 hours without medication or fever reducing agent.**

Medications

If your child needs to take medication (prescription and/or over the counter) during the school day, a medication permission sheet must be filled out for each medication that your child is taking. Each form must be completed by the child's doctor or the medication will not be administered.

- All medication must be supplied in the original or prescription container with the students name on it
- All medication must be kept in the nurse's office
- Medication must be brought in by an adult
- All medication including over the counter -ex. Tylenol, motrin, etc. must be supplied by the parent/guardian

Inhalers and Nebulizer Medication

If your child uses an inhaler, it should be kept in the Health Office. If you feel that your child needs to carry his/her inhaler with them at all times, please discuss this with the nurse so that the appropriate paperwork can be filled out. The Health Office at school has a nebulizer machine. **If your child needs to take**

breathing treatments, you will need to supply the tubing, mask, medication along with the doctor's medication permission form.

**** An Asthma Action Plan must be completed by your child's physician and submitted to the School Nurse**

Allergies and Epinephrine at School

Please let the school nurse know if your child has any food, insect or other severe allergies that requires the use of an EPI-PEN even if you completed the Health Survey

An Individual Emergency Health Care Plan for Life Threatening Allergies form along with the doctor's signature and permission for administration of Epinephrine must be completed and the Epi-Pen (labeled with the students name from the pharmacy) must be submitted to the school nurse.

A doctors note is also needed if you child has any food restrictions – (we can not accept a parent note).

Physical Exams

According the New Jersey Regulations and Gloucester Township Public Schools, all new student entering into the school district for the first time (Preschool, Kindergarten and students who transfer into the district) **MUST HAVE A PHYSICAL EXAMINATION. Physicals must be submitted within 30 days of school entrance.** Please note that any physical examination that was performed by a health care provider within 365 days prior to their first day is acceptable.

Sports Physical Exams

The State of New Jersey has new guidelines for sports physicals. Please review on our school website or contact the school nurse for all the forms and any additional information. **Please note that there is a specific sports physical packet that needs to be completed. They are good for 1 year from the date of the actual physical.**

Immunizations

If your child received an immunization's during the summer, please send in the documentation so that we can update their health record. **Students who are not up to date with their immunizations are not in compliance with New Jersey State Law and may be excluded from school.** Any medical exemptions must be accompanied by a physician's note. A parent/guardian must provide a letter and include a signature and date when claiming a religious exemption.

PE/Gym Excuses

If your child needs to be excused for PE, please send him/her in with a note explaining why and specifically for how long they need to be excused. Students needing to be excused from PE longer than that day will need to have a note from their physician. Please be advised that if your child is excused from PE, his/her activities at recess/sports will also be restricted. A clearance note from their physician is need to return to PE/recess/sports.

Phone Numbers and Address

It is very important that we have current phone numbers, addresses and emails. If you have changed any of this information please inform the school so that we can update the information in our computer system. Please also provide us with a phone number for a relative or reliable friend that can be reached in case of an emergency.

Your children are important to us. I look forward to getting to know them and you this school year. Please feel free to reach out if you have any questions or concerns.