

STUDENT HEALTH INFORMATION

Safety is a top priority at St. Christopher's. In the event of an emergency, however, it is important to be able to reach a parent or a designated emergency contact. Please complete your son's Magnus Health online student health record by August 1st of each school year. You can access Magnus Health through the *SaintsNet* under Resource Board. ALL HEALTH FORMS MUST BE ELECTRONICALLY UPDATED EACH SCHOOL YEAR. All new students and all kindergarten students are required by the State of Virginia to have a current physical exam. St Christopher's School complies with and therefore requires the recommended immunization schedule for school attendance as dictated by the Virginia Department of Health. Please consult this [link from the Virginia Department of Health](#).

MEDICATION

A Permission for Medication form (printed from Magnus Health) signed by a healthcare provider and parent must be on file for any prescription medication to be given during school. This form provides authorization from the student's physician and his parent. Over the counter medications such as Tylenol, Ibuprofen, and antacids can be authorized through Magnus and does not require a separate medication authorization form. All student medications are stored in a locked facility in the Lower School Nurse's office and will be administered by a certified health care professional or a MAT (medication administration trained) school personnel. All student medication must be delivered to school in its original container with clear instruction regarding dosage, frequency and route of administration. If possible, please request the pharmacy to fill a separate medication bottle for doses that need to be given during school hours. Emergency medications such as inhalers, EpiPens, Auvi-Q, and glucagon may be kept by the student, but a Permission for Self Medication form must be completed by his physician and parent and kept on file in the Lower School Nurse's Office. Medications dispensed by school personnel will be available for pick-up at the end of the school year by the parents only. Medications not picked up will be destroyed.

ACCIDENT OR ILLNESS ON CAMPUS

If a student becomes ill or sustains an injury during school hours, he will be evaluated by the Lower School Nurse. Parents will be contacted promptly to be made aware of the student's clinical status as well as to assist in decisions regarding medical therapy and disposition. In cases where acute medical emergencies arise, the standard of care regarding the activation of the EMS system will be employed. All emergency contact information should be submitted and kept up to date in Magnus Health. Please inform the Lower School Nurse of any changes during the school year. It is very important to list all available phone numbers and emergency contacts so that parents can be reached promptly in the event of any medical situation.

ILLNESS AT HOME

Students with a fever greater than 100° F within 24 hours of the school day should remain at home until they are FEVER FREE FOR 24 HOURS WITHOUT THE USE OF FEVER-REDUCING MEDICATION. Students on antibiotics for an illness should consult their health-care provider regarding their recommended return to school since different diseases have different incubation periods.

Students with vomiting or diarrhea must remain home until all GI symptoms have ceased for at least a 24 hour period of time.

Center for Disease Control and Prevention (CDC) recommends that any child with influenza-like illness (fever plus severe cough, body aches, sore throat) should stay home at least 7 days after onset of symptoms to minimize the spread of the virus to the school community. Children may pass the virus for 7 days. The flu vaccine is recommended for all students but not mandatory unless dictated by the Virginia Department of Health. Please consult your pediatrician for the most up-to-date annual recommendations.

The school is required to report certain communicable diseases to the Virginia Department of Health. Please report all health-related absences to the Lower School Office or to any health professional on campus. Please contact the Lower School Nurse with any specific questions.

HEAD LICE AND PINK EYE

If any student has a confirmed case of head lice prior to the start of a school day, he must be treated with a pediculicide. During the course of treatment, aggressive nit removal is recommended. Please consult your health-care provider if you have a recurrent case or any specific treatment issues. Students returning to school must be assessed by the Lower School Nurse or their pediatric office to determine that there are no live lice present. If the family opts to have the assessment performed at their doctor's office, a signed note ensuring the absence of live lice will suffice for return to school. If any case of live lice has been confirmed during school, the medical staff will notify the student's parent or legal guardian and the student will be sent home. For more information about head lice, please see the CDC website: <http://www.cdc.gov/lice/head/factsheet>.

If pink eye is suspected, parents will be notified and asked to pick up their son. Boys with bacterial conjunctivitis should return to school only after they have been on treatment for at least 24 hours.

Through the School's online *SaintsNet*, the school will notify parents, usually in the form of an electronic letter from the nurse, about any communicable conditions such as head lice, pink eye,

etc. within their son's classroom or grade level only if clinically indicated due to a large number of cases.

EXCUSES FROM PHYSICAL EDUCATION AND/OR RECESS

A boy must have a note excusing him from participation in his Physical Education class or recess if he is not well enough to engage in activities on a particular day or for an extended period of time. It would be helpful if the note includes what a boy *can* do in PE class or recess in spite of the medical or physical limitations.

DINING/ HEALTHY SNACKS

Boys are expected to bring their own nutritious snacks. Water is available for the boys from fountains in their classrooms or in the hallways as is allowed by his teacher. A boy may bring a reusable water bottle from home. Please do not send glass containers. CANDY AND CHEWING GUM ARE NOT PERMITTED IN SCHOOL AS A SNACK OR AS PART OF LUNCH.

There will be moments during the year (ie. holiday parties, classroom celebrations connected to significant school events like Society Meetings and the Mid-Year Play, curricular activities that may involve food) when we will allow food/snacks brought from home. Under those circumstances, we ask you to follow the guidelines for those moments as indicated by your son's homeroom teacher, and we ask you to bring in healthier food items to decrease the risk of food allergens as well as improve the nutritional value of food for the boys.