

Healthy *Habits*, Healthy *Minds*



safe

supportive



nurturing

Warren County Public Schools
Student/Parent Health Handbook

Table of Contents:

Wellness policy	2
Emergency Data Form	3
Immunizations	3
Medicine	3
Illness	4
Life-threatening allergies	5
School clinics	5
Serious health conditions	5
School cafeterias	7
Stocked Epi Pens/Albuterol	7
Health screenings	8
Health and PE curriculum	9
Special Education/504 plan	9
Concussions	11

DIRECTOR'S MESSAGE

Health is a priority

The health and well-being of the students and staff members is a priority in Warren County Public Schools. This health handbook answers questions and gives guidance with regards to some of the services in our school system.

Warren County Public Schools maintains that a healthy environment leads to an effective learning community.

— Director of Special Services,
Michael Hirsch, Ed.S.

Student Wellness

In partnership with families, the health department and other community organizations, schools play an important role in promoting student wellness. This includes encouraging good nutrition and physical activity at school and away from school. Recent initiatives have included removing soda and candy from vending machines and participating in programs that introduce students to a variety of fresh fruits and vegetables. Information about the Student Wellness can be found by calling the Department of Special Services at 540-635-2725 or in the policy manual under JHCF.

(<https://go.boarddocs.com/vsba/warren/Board.nsf/Public>)

School Nurses Committee

The School Nurses Committee, which includes health professionals, educators and others, helps develop health policy and evaluates health education, the school environment and health services. The School Nurses meet every month. The meetings are held at Warren Community Health Complex.

More online

There is additional information about health and safety on the Lord Fairfax Health District website. The link is www.vdh.state.va.us/lhd.lordfairfax.



Student Emergency Data Form

Parents are asked each year to fill out Student Emergency Data Form. The importance of these forms cannot be overemphasized. They let school officials know about student health issues and provide contact information that is used to reach parents if an emergency arises. Please fill out and quickly return your student's form. Also, be sure to update your child's information whenever there is a change in your address, email address, cell phone, home phone, work phone or workplace or if there is a change in the people authorized to pick up your child if you cannot be reached during an emergency.



Warren County High School

Medicine

If it is necessary for a student to receive medication during school hours, parents should contact the school for more information on the medication policy. Under School Board policy JHCD, all medications and refills must be brought to school by a parent or guardian, along with a signed medication administration

request form. Except as provided in policy JHCD, Students found with medication are subject to disciplinary action.

Prescription medication must be in the original container labeled by a pharmacist. Over-the-counter medication must be in a new, unopened container. Parents of a student with a serious health condition must provide their child's medication to the child's school, as called for in the student's health emergency plan. Be aware that medication is not accessible from the clinic during before- or after-school activities. At the end of each school year, parents must pick up their child's medication from the school or it will be disposed of.

Immunizations

A student enrolling in a Virginia public school for the first time must provide a record of a physical examination (performed within the past 12 months) and updated records listing dates of each state-required immunization. Documentation is required of age-appropriate immunizations for measles, mumps, rubella (MMR), diphtheria, tetanus, pertussis (DTP), polio, hepatitis B, and varicella (chickenpox). A booster of tetanus, diphtheria, acellular pertussis (Tdap) is required for all students entering seventh grade if at least five years have passed since their last

tetanus-containing vaccine; documentation of the tetanus-containing vaccine is required. Students must have a minimum of 2 doses of Hepatitis A (HAV) vaccine. The first dose should be administered at age 12 months or older.

A minimum of 2 doses of the Meningococcal Conjugate (MenACWY) vaccine is also required. The first dose should be administered prior to entering 7th grade. The final dose should be administered prior to entering 12th grade.

A complete series of 2 doses of the Human Papillomavirus (HPV) vaccine is required for students entering the 7th grade. The first dose shall be administered before the child enters the 7th grade. After reviewing educational materials approved by the Board of Health, the parent or guardian, at the parent's or guardian's sole discretion, may elect for the child not to receive the HPV vaccine; if provided, documentation will be accepted by the school.

For more information about immunization, go to <https://www.vdh.virginia.gov/immunization/requirements/>.

The Warren County Health Department offers immunizations, and many childhood vaccines are free. Call 540-635-3159 for details.



When your child is ill

If your child has illness symptoms that would prevent participation at school, then please keep your child at home. Returning to school too soon may delay recovery from illness and may potentially expose others.

- **fever** — Children should not be in school if they have a temperature of 100 F or higher and should stay home until the fever is gone for 24 hours without medication. During influenza season, children with a fever and other flu-like symptoms may be asked to stay home longer.
- **vomiting and diarrhea** — Children should not attend school if they have vomiting or diarrhea. Please keep children home until 24 hours after the last time they vomited or had diarrhea.
- **skin rash** — Skin rashes or irritation develop for many different reasons. Some are highly contagious and can cause serious problems. In some cases, children may need to stay home until the rash is gone. You may be required to bring in a doctor's note before returning to school.
- **cough, cold or sore throat** — Children with productive coughing, sneezing, headaches, body aches, earache or sore throat may not be well enough to participate in school. Seek medical advice immediately if your child experiences difficulty breathing, wheezing or sudden high fever, chills and body aches.
- **eye irritation** — Eye drainage, crusting, pain or redness may be a sign of infection and should be evaluated. Children diagnosed with an infection requiring treatment should stay home for 24 hours after treatment begins.

Help prevent illness

Handwashing prevents the spread of disease and illness. Wash hands frequently using soap and water, especially before eating, after using the bathroom and handling pets.

Be sure your child's immunizations are up-to-date and he/she has routine well-child exams. Flu vaccinations are recommended for everyone from 6 months through adulthood.



Hilda J. Barbour Elementary School

Health Department

The Warren County Health Department provides public health services to the citizens of Warren County. These registered nurses as well as other health professionals serve as health consultants for students, parents and school staff members. Services include health education, health counseling, communicable disease investigation and control, case management, immunization assessment, education and

administration, screening and prevention programs.

Parents of students with health concerns such as asthma, diabetes, seizures, cardiac conditions or life-threatening allergies should contact the public health department or their private doctor.



Leslie Fox Keyser Elementary School

School clinics

School clinics, staffed by registered nurses, operate at all schools to handle minor illnesses, offer first aid, administer medication and help with other student health needs that occur during the school day. Parents or guardians are contacted when a student becomes ill or injured and are asked to make arrangements to pick up the student as soon as possible. In an emergency, the school will call 911.

Serious health conditions

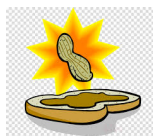
The parent or guardian of a student with a serious health condition is key to the process of keeping the child safe at school.

Parents are at the center of collaborating each year

with the school nurse and student's healthcare provider to develop a health emergency plan for their child. The plan provides vital information to teachers and other staff members. Using guidelines from the school nurse, the parent talks with the student's healthcare provider to make sure all appropriate measures, including medication, are in place.

Parents must provide to the school clinic all medication called for in the health plan, keeping it refilled as needed throughout the school year.

Additional information and forms are available at your school and are included in the packets provided to parents or guardians of students with serious health conditions. Additional information about Health Care plans can be obtained through your school's nurse or by contacting the Special Services Department at 540-635-2725.



Life-threatening allergies

Providing a safe, supportive and nurturing environment is a goal of Warren County Public Schools. This includes preventing and managing life-threatening allergic

reactions so that all students can fully and safely participate in school activities.

Because it is difficult to predict the time or severity of an allergic reaction, it is vital to be prepared to respond rapidly in order to maintain a safe educational environment for all students. Supporting the success of a student with a life-threatening allergy requires a team approach and a coordinated plan, so that all team members understand their roles. Team members include the parent/guardian, student, school staff members, health-care provider, and the school nurse.

It starts with the parent. The parent or guardian of a student with a life-threatening allergy is key to the process of keeping the child safe at school. They are the center of developing a plan that works for the child.

The parent or guardian should:

- Empower the student to manage his/her allergy, making sure he/she is knowledgeable about allergens; the first symptoms of allergic/anaphylactic reaction; the importance of hand washing before and after eating; strategies for avoiding exposure to the allergen (including not sharing or trading food, if allergen is a specific

food); how and when to tell an adult that he/she may be having an allergy-related problem; self-administration of medication, if ordered by student's health-care provider.

- Promptly complete Warren County Public Schools emergency information card annually.
- Collaborate annually with the school nurse and student's health-care provider to create a health care plan for the student. Using guidelines from the school nurse, talk with the student's health-care provider to make sure that all appropriate measures are in place. Discuss with the student's health-care provider whether or not emergency medication should accompany the student throughout the school day.
- In addition to the school nurse, contact the student's teachers annually regarding the student's life-threatening allergy; the student's school counselor in middle and high school; the school's cafeteria manager, providing physician documentation of food allergies (If your

student eats school breakfasts and/or lunches, use the cafeteria's online payment system because it lessens the chances of the student buying food he/she is allergic to); the school system's Transportation Department; coaches and other adults supervising before- or after- school activities; adults supervising the student on field trips.

- Speak with the school system's Food Service Director and the student's bus driver.
- Provide the school with all daily and emergency medications prescribed by the student's health-care provider, following school system medication administration policies (JHCO p. 161). Keep medications up to date.
- Be aware the emergency medication is not accessible from the clinic during before- or after-school activities.
- If you suspect your child may have a disability, ask your child's teacher, counselor or

administrator for a referral to consider eligibility for 504 or special education services.

- Communicate any changes in the student's health or medications to the principal, school nurse, clinic assistant, teacher, and other staff members.
- Notify the school nurse if the student will transfer during the school year to another Warren County Public school.
- At the end of the school year, retrieve the student's medication from the school clinic. Medication not picked up by a parent will be disposed of.

Additional information about life-threatening allergies is available at www.vdv.state.va.us/lhd/lordfairfax/



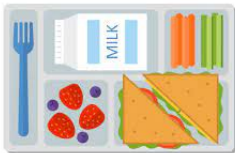
Skyline High School

Stocked EpiPens and Albuterol

Warren County Public Schools will stock EpiPens (epinephrine injectors) and Albuterol in every school clinic. These EpiPens/Albuterol are for students who have not been diagnosed with a life-threatening allergy and/or respiratory disease but who have a life-threatening reaction during the school day. At least two staff members at every school are trained to administer the emergency medication in the event of a life-threatening allergic/pulmonary reaction.

Parents of students who have been diagnosed with life-threatening allergies are still expected to provide their child's prescribed medication to the school, along with health-related information and forms.

Parents of students who should not be administered Epinephrine or Albuterol because of a serious health condition need to notify the school nurse and building principal.



School cafeterias

All schools provide nutritious breakfasts and lunches, offering milk, fruits,

vegetables, proteins, and grains while meeting the strict limits on saturated fat and portion size. The nutritional integrity of school meals has always been a priority, and the school system is meeting the challenges set forth in the Healthy Hunger-Free Act.

Diet modifications can be made for students who are lactose intolerant or gluten intolerant or who have life-threatening food allergies. Complete lists of ingredients and nutritional information for school breakfasts and lunches are available at your child's school. Because food and ingredients change from year to year, parents need to check ingredients annually if their child has food allergies.

School meals are a great value, and a huge convenience for busy families. Parents or students may pay in advance for meals, and students will be debited for lunch costs through a computerized system available in all schools. Parents may deposit funds and view their child's account balance and purchases online at cafeprepay.com

To apply for free or reduced meals in Warren County Schools, families must complete an application. Only one application is needed per family, and forms are available in school offices and school cafeterias.



E. Wilson Morrison Elementary School

Other food

Warren County schools encourage healthy snacks that limit celebrations or use foods as an incentive during the school day. Many students have food sensitivities that can lead to life-threatening reactions. At home, parents can manage the foods their children are exposed to. Managing exposure at school is more of a challenge, so schools take reasonable steps to meet that challenge by asking all parents to follow four simple guidelines:

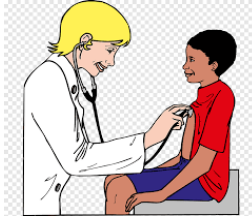
- If you bring food to your child at school, do not bring food for anyone else's child and do not share your food with any other child.
- If you wish to send treats for other students, for a birthday or any other celebration, send non-food treats such as pencils, bookmarks, etc.
- Unless specifically asked to do so, do not send any food to school for consumption by other students.

- Talk to your children about the problems associated with sharing food at school and discourage them from doing so.

If you have any questions, it's best to ask your child's teacher about their guidelines for food in the classroom.

Food regulations

Schools play a critical role in providing a healthy educational environment for students. A national focus and challenge exists for communities, schools, and partners to assist in reducing childhood obesity to combat related future health issues for children. Additionally, diabetes and food-related allergies in children have become more prevalent. The health and safety of children is of great importance to all of us in the school division. In an effort to prevent and combat student related health issues, Warren County Public School employees will not use any food as a reward for academic excellence or any other student behavior. Warren County Public School employees will not use food as a learning tool where students are required or permitted to consume the food.



School Physicals

Physicals help provide information to families and schools to assist in keeping our children healthy. A comprehensive physical examination, of a scope as prescribed by the State Health Commissioner, must be completed before any child is admitted for the first time to any public preschool or elementary schools (grades K-6). A copy must be given to the school on the child's behalf and indicate that the child has received the physical exam within 12 months prior to entering kindergarten or elementary school. Forms may be obtained through the school nurse or secretary. For more information, go to section JHCA pg. 146.

Health Screenings

The Warren County Public Schools conduct these screenings of students and notifies parents in writing of any concerns so that they can follow up with their health-care provider:

- Vision for grades K, 3, 5, 7, and 10.
- Hearing screenings for grades K, 3, 7, and 10.

- Speech and language screenings for Kindergarten and all newly enrolled students who have never been screened.



A. S. Rhodes Elementary School

Scoliosis

Scoliosis is a sideways, backward or forward curve of the spine. Curves are often described as S-shaped or C-shaped. Early detection provides the best treatment options in order to minimize the likelihood of complications.

People of all ages can have scoliosis. The most common type is idiopathic scoliosis, which occurs in children after the age of 10 during their growth spurt. Girls are more likely than boys to have this type of scoliosis. A screening by your child's health-care provider is recommended each year between the ages of 10 and 18 years. This screening may include medical and family history, physical exam, X-ray of the spine and other tests.

If scoliosis is diagnosed, the doctor may recommend observation, bracing to stop a curve or stop it from getting worse when the person is still growing. Other treatments have not been shown to keep curves from getting worse.

Your child should be evaluated by a health-care provider if you observe any of these signs: prominent shoulder blade (one sticks out more), uneven hips, one shoulder higher than the other or uneven appearance of the back when bent over.

The public school nurse in your child's school is available to answer questions and provide information. Please call your child's school or the Warren County Health Department at 540-635-3159

Seizures and Learning in the School Environment

Epilepsy is a common disorder that occurs in people of all ages. It is a term that describes a tendency to have seizures caused by brief disturbances in the brain. Seizures may affect awareness, movement or behavior.

Diabetes

All students with Type I Diabetes need a strong support network at school to help them properly manage their Type I Diabetes on a daily basis. Communication is key. Please contact your child's school nurse and a building administrator to set up a healthcare plan for Diabetes. WCPS works closely with Warren Memorial Hospital to ensure staff are properly trained and all information is current. For more information, call your

child's school nurse or go to JHCD-R in the policy manual.



Skyline Middle School

Suspected Child Abuse

Employees of Warren County Public Schools who, in their professional or official capacity, have reason to suspect that a child is abused or neglected are to immediately report the situation to the appropriate authorities. For more information, see School Board policy JHG-R of the policy manual.

Special Education and 504 plans

A student with one or more serious health conditions may be entitled to reasonable accommodations under Section 504 of the federal Rehabilitation Act of 1973.

Each year, Warren County Public Schools conducts Child Find to identify children with disabilities or Section 504 services. Students who are found eligible for special education services are provided specialized supports and services according to individualized education programs governed through

federal and state regulations and division procedures. Section 504 ensures that supports are in place for students who have a physical or mental impairment that substantially limits a major life activity. If you suspect your child may have a disability, request a referral from your child's teacher, counselor or school administrator. If your child is not enrolled in Warren County Public Schools, you may contact an administrator at the school your child attends based on your home address.

Parents are integral participants in all facets of the special education and Section 504 process, including referral, evaluation, and eligibility; and developing plans to support the student's achievement. If you have any questions about the special education or the Section 504 process, contact the Special Services offices at 540-635-2725.



Health and PE Curriculum

The purpose of Health and Physical Education instruction is to help students acquire the knowledge, processes and skills needed to make healthy decisions to

improve, sustain and promote all areas of health and engage in meaningful physical activity both in the present and for a lifetime.

Family life education

Because family life education is first and foremost a function of the home, the curriculum is designed to encourage students to examine the family unit for values that build individual character and family stability and to strengthen communication within families.

Parents and guardians have the right to review the family life education program, including written and audiovisual materials. Parents may also excuse their child from all or part of family life education instruction. Detailed curriculum information is available by contacting a central office representative at 540-635-2171.



Warren County Middle School

Health Insurance

Thousands of Virginia children are eligible for low-cost or free health insurance, even if their parents work, through FAMIS and FAMIS Plus. Information is available at www.famis.org or

by calling 1-866-873-2647. Or at the Warren County Department of Social Services, 540-635-3430.

AEDs

Automated external defibrillators commonly known as AEDs, are devices that can diagnose a cardiac arrhythmia and administer an electrical shock to help a person's heart re-establish its rhythm. AEDs are in every school throughout the division. Please contact the building administrator for location.

Smoking

Warren County Public Schools prohibits smoking and the use of all other tobacco products in all schools, offices, facilities, buses and other school vehicles. Smoking areas for employees and other adults will be designated away from the main entrance of buildings.

Lice

Head lice may be spread among children who share hats, combs, and brushes or who have head-to-head contact. The adult insect is about the size of a grain of rice. Eggs, called nits, are whitish and about half the size of a pin-head. They attach firmly to the base of hair strands especially at the nape of the neck and behind the ears.

When lice are found on a student at school, the parent will be contacted and

given information about treating lice. The student will be excluded from school until the school is provided with verification that they have been treated with a recommended preparation, has been rechecked and no live lice are present in the hair. If you have concerns, contact your school or the health department. More information can be found in regulation JHC-R.

Bedbugs

Although bedbugs are increasing in the United States, few have been observed in Warren County schools. If a bedbug is found, school staff members will follow appropriate cleaning and monitoring procedures. If the source is a student's backpack or other items brought from home, their parents will be notified.

MRSA

Staphylococcus aureus, also known as staph, is a common bacterium that can live in people's noses or on their skin. Some staph infections are harder to treat because the bacterium has become resistant to antibiotics. Skin infections caused by Methicillin-resistant Staphylococcus aureus, or MRSA, are diagnosed each year.

Warren County Public Schools work together with the Lord Fairfax Health District to provide ongoing information to families about

this common bacterium and ways to prevent its spread. Additional information is available at cdc.gov or by contacting your child's school nurse.



Blue Ridge Technical School

Concussions in athletics

A concussion is a brain injury characterized by impaired cognitive or physical functioning that is caused by a blow to the head, face or neck or a blow to the body that causes a sudden jarring on the head. Athletes who sustain such a blow will be removed from activity immediately. If it is suspected they have a concussion, they may not return to any extracurricular physical activity until their health-care provider provides a written medical release. Notify the school if their child sustains a concussion during a non-school activity. For more information, reach School Board policy JJAC.

Up-to-date information

Warren County Public Schools is committed to providing up-to-date information to parents. The school division website (wcps.k12.va.us) is a great way to keep up with news and activities.

If you have questions or comments, call 540-635-2725 or email mhirsch@wcps.k12.va.us. The mailing address is Warren County Public Schools, 465 West 15th Street, Front Royal, VA 22630.



Ressie Jeffries Elementary School

Nondiscrimination

Warren County Public Schools does not unlawfully discriminate on the basis of sex, race, color, age, religion, disability or national origin in employment or in its educational programs and activities.

Thank you

We would like to thank Chesterfield County Public Schools for providing information included in this handbook.

Helpful phone numbers and websites

Warren County Public Schools

540-635-2171, wcps.k12.va.us

Warren County Health Department

540-635-3159,
www.vdh.state.va.us/lhd/lordfairfax/

Food and Nutrition Services

540-631-0040

Warren County Department of Social Services

540-635-3430

Transportation Department

540-636-2600

Centers for Disease Control

www.cdc.gov

Virginia High School League

www.vhsl.org

Virginia Department of Education

www.doe.virginia.gov/