



Back to School Night Notes from the Nurse

Immunizations

Immunization requirement: Please make sure when you take your child to the doctor for a check-up, you get an updated immunization record to send to the school clinic so the nurse can update your child's record in our system.

Student Visits to the Clinic

If your child visits the clinic, the nurse will chart it in our Renweb system. You will receive an email stating the purpose of the visit. If it's been a busy day in the clinic, you may not be notified until the end of the school day.

Health Screenings

Vision & Hearing—New Students in all grades and each student in Kinder, 1st, 3rd, 5th, and 7th will be screened.

Scoliosis (Spinal checks for curvature)—5th & 7th grade girls and 8th grade boys will be screened.

Acanthosis Nigricans (Pre-Diabetes)— All students in grades 1st, 3rd, 5th, and 7th will be screened.

Parents will receive a letter via Renweb telling you when the screenings will be done. For screening results—you will receive a letter from us only if a follow-up with the doctor is needed. This letter will be sent home with your student in his/her backpack.

Chronic Illness

If your child develops a new chronic illness over the course of the school year, we must have doctor's instructions to enable us to create a care plan for your child. This would apply to new diagnosis of seizures, asthma, allergies (food or environmental), diabetes etc.

Medication given at school:

We must have an **OTC (Over the Counter) medication permission form** filled out to give your child any type of OTC medication such as Tylenol, Advil, Benadryl, Pepto, Cough Medicine, etc.

We must have a **Prescribed Medication permission form** filled out to give your child any type of prescribed medication such as an Epi-Pen, ADD/ADHD medication, antibiotic, etc.

ALL MEDICINE MUST BE IN ITS ORIGINAL CONTAINER!

Birthday Treats and Food Allergies:

On occasion, students will bring in cupcakes or treats for birthdays. Therefore, if your child has a food allergy, you may want to give the teacher a treat which your child may enjoy if he/she cannot partake of cupcakes or cookies.

Flu Shot Clinic

In early October, SJCS will offer a one-day flu shot clinic for parents, students 7 years and older, and parishioners. It is usually from 2:30-4:00 p.m. The shots will be done here at school and be given by Market Street Pharmacy. Students receiving a flu shot must have a permission form signed by the parent. We will send out an email with the details and permission slips once we have them.

Heat Guidelines:

If heat index is >95, recess is shorted to 15 minutes, if heat index is >100, there will be no recess.

Ozone Guidelines:

If we are under a purple ozone alert, there is no outside PE/Recess for anyone. If we are under a red ozone alert, there is no outside recess for students with asthma or lung dysfunction. If orange, all students will go outside for recess/PE. If a parent would like for their child to stay inside, they must submit a note stating that student may not go outside on orange days.

Cold Weather Days:

When the temperature and/or the wind chill are below 32 degrees, the children should be kept indoors for PE and recess. When the temperature is above 32 degrees, the children should be properly dressed for outdoor activity.

Weather and Athletics

Our Athletic Director, Mr. David Bishop, handles the heat guideline for sports practices. For a student to be excused from PE, a note from home or the nurse must be submitted.

Please don't hesitate to contact us if you have questions or concerns.

The clinic is staffed full time each school day for the health and safety of our students and staff.

Mrs. Maureen Duru

Ms. Stephanie Steele

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