



# Health News

From the Nurse's Office



Elmont School District

[www.elmontschools.org](http://www.elmontschools.org)

Dear Parents,

As another school year begins, we would like to update you on certain district guidelines.

## EMERGENCY CARDS



It is absolutely vital that we have parents' business numbers/cell phone numbers and two (2) emergency phone numbers to reach in case of an emergency. The Emergency Numbers should be family/friends that are near by; if necessary they do not have to be in Elmont School District. We ask for your cooperation in providing these important numbers.

## ABSENCE FROM SCHOOL

Please call the school (Nurse's Office) when your child is absent and give your child's name, teacher and grade, and reason for absence. Since there is an answering machine, you can call anytime, day or night to leave a message.

Absence calls should be made before 12 noon of the day your child is absent. Homework may be sent home with another child. Please leave the name and teacher's name on the answering machine. Also, homework may be picked-up in the main office.



## INFORMATION ON-LINE

All forms, contact information, and general information pertaining to the Nurse's Office is now on-line. Nursing Office information is listed on the web site under the *Parents and Students* section.

## PHYSICAL ACTIVITY

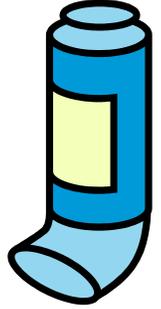
If your child needs to be restricted from gym or outdoor recess for any reason, medical or otherwise (example: stitches, sprains, fractures, asthma) the school requires a note from the child's doctor. If restricted from gym, the child is also restricted from recess.





## MEDICATION TO BE TAKEN IN SCHOOL

If your child needs to take medication (prescription or over-the-counter) in school, New York State Law requires that the school have a signed note from the child's doctor stating the name of the medication, time of day to be administered, dosage of medication, and length of time to be given. Medication should be brought to school in the original labeled container by the parent. Over the counter, patent remedies (including Tylenol and cough medicine) cannot be administered by school personnel without a written order from a physician.



## PHYSICAL EXAMS AND IMMUNIZATIONS CARD

All physical exam and immunization forms must be completely filled out by the doctor. All forms must be **stamped and signed by the doctor**. I strongly recommend that your doctor utilize and fully complete the Elmont School District Forms. If alternative documents are used, they must have the same information as the District Forms.

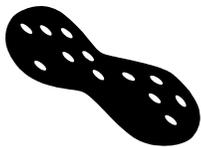


## CRUTCHES, SPLINTS, WRAPS, AND ANY OTHER MEDICAL/SUPPORTIVE DEVICES

If your child needs any of the above listed supports in school, a doctor's note is necessary.

## TEMPERATURE IN SCHOOL

If a child is sent home from school with a fever, the child should not attend school until his/her temperature is normal (under 100 °F) for 24 hours, and on **no medication** (such as Tylenol or Advil). The temperature needs to be taken with a thermometer, not by touching the child's head.



## ALLERGIES

If your child has an allergy or reaction to any food: the school requires a note from the child's doctor.

## HIPPA

The government enacted a law called *Health Insurance Portability and Accountability Act (HIPPA)*. HIPPA took effect April 14, 2003. In order for the School Nurse to receive any information from your Doctor (either by phone or fax), the school must be listed on the consent form in your Doctor's Office. Please list the School Nurse's Office and the School's Fax number with your doctor. Another choice is to sign a release form in the School Nurse's Office.



Thank you for your cooperation in these matters.

We look forward to a safe and healthy year.

Sincerely,  
School Nurse