

Nurse's Notes From Your Roxbury Prep School Nurse

School Health Office: phone 617-566-2361 ext. 4067

School Fax: 617-566-2373

Nurse's Email Barbara.Grant@roxburyprep.org

ALL INCOMING FIFTH GRADE STUDENTS ARE REQUIRED BY MSPH TO HAVE UP TO DATE AND COMPLETE IMMUNIZATIONS AND HEALTH RECORDS ON FILE AT SCHOOL.

YEARLY PHYSICALS: provide up to date information and indicate that students are receiving adequate care at and home and by their pediatrician, and clearance for participation in gym class. Please report any changes in health status-e.g. new medication, illnesses, injuries.

DOCTOR NOTES: please provide written documentation for any important issues such as attendance, absences due to illnesses, injury, medical appointments, travel plans that result in missing school).

ABSENCES: Safe-to-school program- Implemented so that all children are known to be safe and accounted for. When your child is absent please notify the front office by phone 617-566-2361. If your child is absent we request a written note upon the child's return to school. **If the absence is longer than 3 days we will need a doctor's note for return to school**

- ❖ **CONTAGIOUS ILLNESSES** such as fevers bronchial coughs, strep throat, conjunctivitis, impetigo (weeping cold sores)- your child must stay home from school AND be seen by a Doctor. A note of medical clearance that your child of free from contagion **MUST** accompany upon return to school. Please observe the 24-hour policy of being symptom free prior to return to school.
- ❖ **MINOR ILLNESSES** such as stomach ache, GI illnesses or head colds that result in absence just require a written note from parent/guardian upon return to school.

MEDICATIONS at school: pills, inhalers, epi-pens **must have a Dr.'s order** and written parent permission. ALL meds must be **HAND DELIVERED BY THE PARENT** and given directly to the Nurse. Medications are **NOT** permitted to be sent in with students- this is **UNSAFE** as they could get lost or contaminated). Medications are not to be kept in backpacks, or with the student without the permission of the nurse.

INJURIES: please notify the school of an injury, major or minor, and **provided written documentation if gym/recess needs to be restricted**. If the injury is **MAJOR** (stitches/fractures/concussion) and your child has been seen by a Dr., please provide the medical note to school upon returning to class. **An additional note of medical clearance must be presented for students to return to gym/ recess following injury.**

RECESS is a very active time of outside play for 30 minutes (unless it is snowing/ raining or below 20 degrees Fahrenheit). Please have your child dress accordingly. All students are advised to wear **appropriate footwear** for safety reasons. (Students **MUST** wear sneakers on gym days to participate.)

ANNUAL SCREENINGS: the following mandated health screenings are done annually in the health office:

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| • Vision/ Hearing | Grades 5 &7 | Fall |
| • BMI | 7 th Grade | Winter |
| • Postural | 5 th -9 th Grade (every year) | Spring |

I look forward to assisting families and students in achieving optimal health and wellness during the academic school year, please feel free to contact the Nurse's Office at any time with concerns or questions.

Barbara Grant, RN,BSN

