

Start of Year Notes from your Roxbury Prep School Nurses

HOW TO REACH THE SCHOOL NURSES:

- **Office phone:** (617) 858-2288, extension 1 at first prompt and extension 2 at second prompt
- **Fax:** (617) 203-1760
- **Contact information:** Anda Chiola - anda.chiola@roxburyprep.org and Baili Gallacher - baili.gallacher@roxburyprep.org

The health and safety of our community is our highest priority at Roxbury Prep Middle School and High School! Our schools strictly enforce the **Massachusetts Department of Public Health (MDPH)** guidelines for physicals and immunizations. Below, please find information regarding specific requirements for physicals and vaccinations to ensure that your student is able to return to school safely and remain on campus.

ALL NEW STUDENTS ARE REQUIRED TO HAVE UP TO DATE PHYSICALS WITH COMPLETED IMMUNIZATIONS RECORD ON FILE AT SCHOOL, PRIOR TO THE SCHOOL YEAR.

YEARLY PHYSICALS: An up to date physical, along with up-to-date vaccination records must be submitted to the school nurse prior to the new school year. An updated physical also clears/allows students to participate in sports. Without an updated physical students will not be permitted to sign up or try out for athletics.

NOTE: School physicals are valid for 1 year. If a physical expires during the school year, documentation of a new physical exam or the date of the next scheduled physical exam must be provided. If the physical expires during the athletic season, the student will not be allowed to participate until a new physical is obtained.

- Medical records can be sent directly to the school via fax @ (617) 203-1760 or email to the above email addresses (please include both nurses in the email).

* Please also report any changes in health status - i.e. new medication, illnesses, injuries.

ABSENCES: When your child is absent from school, please notify the Main Office by phone, (617) 858-2288 and provide a written note upon the child's return to school. If the absence is longer than 3 days, your child will need a doctor's note to return to school.

DOCTOR NOTES: If your child is absent from school due to illnesses, injury, medical appointments, please see a medical provider and provide written documentation to support the absence. Please notify the school of an injury/illness and if there are to be any restrictions with gym or athletic participation. Medical clearance may be necessary for the return to school.

- **CONTAGIOUS ILLNESSES:** For incidences of fever, strep throat, conjunctivitis, impetigo (weeping cold sores), etc. your child must stay home from school and be seen by their Physician. Students must be symptom free for 24 hrs, without the aid of medication, prior to returning to school. If the conditions require antibiotics students must be on the antibiotics for 24 before returning to school. A note of medical clearance that your child is not contagious is required upon return to school.

- **MINOR ILLNESSES:** For stomachache, GI illnesses or head colds that result in absence, you are required to send a written note from parent/guardian upon return to school. Again, utilizing the 24 hrs being symptom free, without medication support.
- **MAJOR INJURIES:** For stitches, burns, fractures/breaks, concussions, surgeries:
 - If your child has been seen by a Physician/PA/NP, please provide the medical note upon returning to school.
 - An additional note of medical clearance must be presented for students to return to gym/sports following the injury.
- **MINOR INJURIES:** Cuts, scrapes, bruises, sprains, strains, requires a note form the Physician if it impacts student's ability to participate in gym class or sports.

MEDICATIONS: If your child requires medication, including but not limited to, inhalers, EpiPen, insulin or oral medication, we must have a doctor's order as well as parental consent. We will provide this documentation to you. We can not give out medications without previously mentioned documentation. All medications must be kept in the health office.

- Medications are **NOT** permitted to be sent to school with students. Medication needs to be hand delivered by the parent and given directly to the school nurse. Medications must also be in original packaging with the pharmacy tag attached. Those in marked plastic bags will not be accepted.
- Medications should NOT be kept in student backpacks, or with the student, without the knowledge/permission of the school nurse.

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

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| ● Vision/ Hearing | Grades 7 and 10 |
| ● BMI | Grades 7 and 10 |
| ● Postural | Grade 6 through 9 |
| ● SBIRT (Substance Use Screening) | Grades 7 or 8 and 9 or 10 |

Please feel free to contact the school nurse's office at any time with concerns or questions.

Anda Chiola, BSN, RN

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