

From the Desk of the School Nurse

Welcome to the Kingston City School District! Our goal is to keep your children happy, healthy and ready to learn! We would like to take this opportunity to review some important information relating to the health office.

Medication at School: As a general rule, every effort should be made for medications to be administered by the parent or caretaker outside of school. When it is medically necessary for a child to take medication at school the nurse must have a written doctor's order and parent signature. The forms for medication can be obtained on the district web site or from the school nurse. For safety reasons, children should never transport medications to school. Medication must arrive at school in a container with a pharmacy prescription label. Ask your pharmacist to package the medication just for school. These medication rules apply to prescription medication as well as "over-the-counter" medications (including cough drops).

Keeping the School Nurse Informed: It is very important to notify the school nurse if your child's health condition changes (for example, your child develops a medical condition, allergy or has begun a new medication at home). It is also very important to provide updated phone numbers to the main office so that we can reach you in an emergency.

Routine Screening and Physical Exams at School: New York State law requires annual routine screenings (visit web site for more details) and Physical Exams to be on file for all students that are new to the school district and in grades **pre-K, kindergarten, 1st, 3rd, 5th, 7th, 9th and 11th** grades. Forms for Physical exams can be obtained on the district website or in the nurse's office. This exam can be done by your family doctor or the school doctor. **Unless the completed forms are returned to the school nurse by October 1st, the school nurse will screen the child and our district physician will examine your child. If your child has an appointment after October 1st, please provide a written note to the nurse stating the date of the exam.** Dental exams will be requested on the years of the physical exam.

Physical Education: If your child needs to be out of Physical education class for more than one day, a note is required from a doctor. If your child is not able to participate in Physical Education, they will not be allowed to engage in active play at recess. All Physical Ed notes should be brought to the nurses' office.

When your child is ill: Please refer to the "Tips from the School Nurse" enclosed. If your child is home due to an illness lasting longer than 3 days, please call the main office to let the school know the nature of the illness, so that we can assist and support you and your child in their transition back to school. All school absences require a written note to be on file from a parent or caretaker.

Allergy Awareness: All Kingston City Schools are "Allergy Aware". Please review the guidelines in the enclosed memo with your child. Let the school nurse know if your child has any serious allergies ASAP so that a plan can be developed to keep your child safe during the school day.

Head Lice can be transmitted from one person to another wherever people are gathered together. Though head lice may be a nuisance, they don't cause illness or carry diseases. Please review the enclosed guidelines for "Treatment and Prevention".

Please be aware:

- The nurse may administer Epinephrine to any student that appears to be having a life threatening allergic or anaphylactic reaction at school. If you do not want your child to receive this life saving medication you must notify the nurse in a written statement.
- The New York State Health Department requires BMI Data (Body Mass Index) be reported biennially. This data does not include names or other identifying information. If you do not choose to have your child's data included in this report you must notify the nurse in a written statement.

Dr. Paul Padalino
Superintendent of Schools

Richard Silverstein
Directory of Physical Education, Health,
Athletics, and Nurses

Walter Woodley MD
Medical Director

The Kingston City Schools are **Allergy Aware Schools** in order to provide a safe environment for all students and staff.

People can be allergic to many different things and we ask for **Awareness and Respect** when coming to school. Some of our school community members may be allergic to foods, medications, skin care products, insect bites or environmental allergens. Some allergic reactions can be life threatening. To keep our school community safe we ask that you follow a few simple guidelines. We ask that you discuss and reinforce these guidelines with your children.

1. **Allergen Aware Zones and Tables** will be available in the cafeteria on an as needed basis. Please remind your children to avoid sitting at these tables if they have the identified products in their lunch.
2. Some classrooms in our school may be Allergy Aware Zones. You will be notified if your child is in an **Allergy Aware Classroom**.
3. Please discourage food sharing at school and on the bus.
4. **Please check with the classroom teacher prior to sending food into the classroom for sharing and when assisting with planning parties in the classroom.**
5. Encourage good hand washing before and after meals.
6. If your child has a serious allergic reaction to foods, insect bites, or other allergens, share this information with the school nurse and classroom teacher so that together we can develop a plan to help keep your child safe at school. Medications at school will require a doctor's order each school year.
7. If your child has a serious food allergy, educate your child about safe food choices and the possible dangers of food sharing. Educate your child about how to stay safe if they think they have had an exposure (tell an adult, ask for medication).
8. If you have any questions or concerns, please contact the school nurse.

Thank you for your help in keeping our students and staff safe.

Head Lice Treatment and Prevention

Early detection and treatment of head lice makes the task of management much easier and can help in preventing the spread of head lice in the community.

In the school setting, the school nurse will examine symptomatic children and /or children that have been noted to have live lice or evidence of nits. If an infestation is noted, the nurse will attempt to notify the parent by phone and recommend that the child be picked up from school to begin treatment.

When a child has been discovered to have an active infestation, prompt treatment (with an American Academy of Pediatrics approved treatment) is recommended.

Prompt treatment will help to minimize the spread to others as well to help the infested child be more comfortable and to attend school ready to learn.

Please consult with your child's pediatrician or pharmacist for further information and treatment options.

The school nurse is available to assist you in examining your child's scalp for effectiveness of treatment.

- Your attention at home is critical to help control and manage head lice at school.
- Regular scalp checks by the parent during daily bathing routines is the best way to detect and treat early infestations.
- If one member of the family has been diagnosed with an active infestation, all family members should be carefully checked and treated as needed. Check with your pediatrician if you are not sure when to treat family members. In general, never initiate treatment unless there is a clear diagnosis with living lice.
- It is recommended that you carefully separate the hair. Flip the hair strands to look on the underside of the hair shaft for nits and live lice.
- Eggs will look like small shiny grey/white beads on the hair shaft close to the scalp (~ 1 cm). Dandruff easily fluffs away. The egg of head lice will stick to the strand of hair.
- Live lice are harder to find. They are tiny grey insects that crawl quickly as you are moving the hair and do not like light. Spraying live lice with water or conditioner will help to immobilize them for easier removal.
- Most medicated treatments do not kill all of the eggs. They kill the live lice. The remaining eggs may eventually hatch and restart the infestation. This is why retreatment as per package instructions is so important. The removal of viable eggs that are close to the scalp (~1 cm) may also aid in preventing re-infestation.
- It is equally important to wash the hair care items, linens, clothing and stuffed animals (hot water/hot dryer) to prevent re-infestation. Changing the pillow case frequently (using a plastic pillow cover) may also help prevent reoccurrence.

For additional resources please refer to the Health Services link on the KCSD website at:

<http://www.kingstoncityschools.org/departments.cfm?subpage=1213021>

Please take a few minutes to familiarize yourself with the

Kingston City School District Website @

kingstoncityschools.org

There is a wealth of information on the website that will assist you in many aspects of your child's education. You will be able to:

- **View the School Health Services Information**

From there you will be able to access health information, health office procedures, Physical education, athletic information, and forms

- Check the Daily Menu and Letter Day
- View the School Calendar
- View School Specific Websites with News and Announcements
- View Staff Directories
- Obtain Board of Education Information
- Obtain Registration Information
- View and Print Forms Needed for School
- Obtain sports information (forms, schedules, announcements)
- And much more!
- **To email staff:** Use First Initial and Full Last Name followed by @kingstoncityschools.org

Example: Sally Smith can be emailed at: ssmith@kingstoncityschools.org