

September 11th, 2018

Dear **Parent or Guardian,**

*Notes from the Nurse*

Welcome to the 2018-19 school year. I would like to take this opportunity to share with you some very important information.

New Jersey State requires all incoming **6th graders** to receive the following vaccines:  
**Meningococcal** vaccine

Students enrolling into 6th grade or transferring into a New Jersey school from another state or country are required to receive one dose of meningococcal vaccine after their 11th birthday.

**Tdap-** Tetanus, diphtheria and acellular pertussis vaccine

Students enrolling into 6th grade or transferring into a New Jersey school from another state or country are required to receive one booster dose of Tdap given no earlier than their 10th birthday.

During your child's 11th-year-old physical appointment, please ask the doctor about these vaccines. Bring copies of their documented administration dates, and I will update your child's immunization records.

An updated yearly physical for each new school year. Please have your healthcare provider fax a copy directly to my office, or send it with your child.

**Late For School:** Students should arrive on time. When they arrive late, the teacher may mark them late or tardy. Please call the school in the morning if your child is going to be late, or send a note to the school.

**Absent From School:** When your child cannot come to school, or if they will be absent for any reason, please call my office.

\*If due to illness or injury please inform me of the symptoms (fever, sore throat etc.)

\*\* This helps me track student absences due to illness for infection control purposes.

**Extended absences:** Children who are absent from school must do the school work and homework they missed. Please inform me if your child will be out for an extended time due to illness, or if you expect they will have frequent absences due to a chronic medical condition, surgical procedures or hospitalizations.

**When you call the school,** you should give the following information:

- a. Your child's name and grade, your name and phone number
- b. Why your child will be absent
- c. If you need to pick up your child earlier than the school's dismissal, you must write a note to the teacher.

**The note should say:**

- a. Why you are taking the child out of school
- b. What time you will be arriving
- c. The name of the person picking up your child if he or she is not a parent or guardian, and advise them to bring a photo ID

**If children are sick, they should stay home.**

A sick child often makes other school children sick. Do not send your child to school if:

- a. The child has a fever of 100° F or higher
- b. The child threw up within the last 24 hrs
- c. The child is coughing a lot
- d. The child has a skin rash or sores
- e. The child has lice (Lice are tiny white bugs found in hair. Parents must wash the child's hair with a special shampoo and remove the lice eggs from the hair.)
- f. The child has chicken pox (Chicken pox are round, itchy sores, usually brown or red found on children's skin.)
- g. The child has "Strep" throat (Strep throat usually appears as white or yellow spots in the back of the throat, a fever and difficulty swallowing. Your child can go back to school after taking an antibiotic for 24 – 48 hours.)
- h. The child has scarlet fever (Scarlet fever is very rare; it usually appears as red spots on the skin and a bright red tongue.) The child can go back to school after taking an antibiotic for 24 – 48 hours.)
- i. The child has conjunctivitis (pinkeye)

The school will send a letter to all parents if a student in their child's classroom has a contagious illness such as chicken pox, strep throat, scarlet fever, or lice. This letter will tell you what to look for so you will know if your child has symptoms of the same illness.

**Emergency Contact Information**

It is important that you fill out **the health and emergency contact forms** completely and return it to school as soon as possible. If your child has any health concerns or needs special accommodations for health-related concerns please contact me.

If your child becomes sick or has an accident at school, the school will call you or the person on the emergency list. Write the name and phone number of the person to call if your child is sick or has an accident at school. It is very important to fill out the emergency form for each child.

- a. Please write the telephone number where you can be reached during the day and another name and telephone number of a relative or close friend
- b. The name and telephone number of your child's doctor or clinic
- c. Any special health needs your child might have
- d. If this information changes at any time, contact the school and fill out a new emergency form
- e. If you move please contact the school and give them the new address and phone number and request a new emergency form

If the **student has to take medication during school**, parents should not send medications to school with children.

An “**Authorization to Dispense/Administer Medication at School**” form **must be completed by the Health Care Provider, signed by a parent** giving authorization for the medication, and returned to the school nurse. Parents should bring the medicine to school in the original pharmacy bottle, labeled with: the **child’s name, doctor’s name, the name of the medicine, how much and when to give** the medicine. **The child must come to the nurse’s office to take the medicine. All medication must be brought to the school by a parent or guardian, and have a prescription** (\*this includes Inhalers and EpiPens)

I will be available from 7:15 am to 2:45 pm to receive the medication. The first dose of any new medication cannot be given at school. Any potential side effects must be monitored at home.

Students are not permitted to carry any medication, prescription or over the counter, with the exception of EpiPens and Inhalers. A doctor’s order must be provided giving them permission to carry the EpiPen or Inhaler.

It is important to maintain good communication with students families at all times. The more information we have, the more we can help our students to remain healthy and successful in school.

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