

Notes From the Nurse

Dear Parents and Guardians,

Welcome to the 2020-2021 School Year! I would like to take this opportunity to share some very important information with you.

New Jersey State Law mandates that all incoming **6th grade** students receive the following vaccines:

- **Meningococcal Vaccine**- students enrolling into the 6th grade or transferring into a New Jersey school from another state or country are required to receive one dose after their 11th birthday.
- **Tetanus, diphtheria, and acellular pertussis Vaccine (Tdap)**- students enrolling into the 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 11 year old physical appointment, ask your pediatrician about these vaccines to ensure you are in compliance with state regulations. Please send copies of the documented administration dates to school so that your child's immunization records may be updated accordingly. Vaccination records can be faxed to school at (973) 383-2901, or a scanned copy can be emailed to cpuhala@sussexcharter.org. Students out of compliance may be at risk for exclusion from school.

A student **Physical and Health History** is required for each new school year. Please have your healthcare provider fax a copy directly to the office, or have your child bring it to school as soon as possible.

Tardiness/Early Pick-Up: Students arriving late to school must sign in at the front office before proceeding to class. If you know your child will be late in advance, please call the health office (973) 383-3250 x2 or email cpuhala@sussexcharter.org.

If your child needs to leave school early please send a note explaining the reason for early dismissal, or call the front office (973) 383-3250. If someone other than a parent is picking up a student he/she must be on your emergency contact list and will be asked to provide photo identification before students are released.

Absence from School: When your child cannot come to school please call the health office (973) 383-3250 x2 or email cpuhala@sussexcharter.org. In your message please include your child's name, grade, and reason for absence. If your child is absent due to illness, please provide details about their symptoms (fever, sore throat, vomiting, diarrhea, etc.) in your message. This information is important for tracking symptoms and infection control purposes.

Students with fevers, vomiting, and/or diarrhea may not return to school until 24 hours have passed without symptoms without the use of medications.

If your child is absent for 3 or more consecutive days, a doctor's note providing medical clearance is required for their return to school.

Health Forms: Kindly complete all health forms and return them to the school as soon as possible. The health forms can be found on sussexcharter.org by clicking the School Nurse tab. If your child has any health concerns, special needs, or health related accommodations that you would like to discuss with me in detail, please do not hesitate to call the health office (973) 383-3250 x2 or email me at cpuhala@sussexcharter.org.

If your child becomes sick or is injured at school we will attempt to contact parents/guardians first. If we are unable to reach parents/guardians, we will call contacts in the order they are listed on the Student Emergency Information Form. It is extremely important that all phone numbers you provide are correct and current. If at any time during the school year the information you provided on the Student Emergency Information Form changes, please let school know as soon as possible.

Medications at School: If your child has to take medication during school hours, please do not send medications with him/her. I am available in the Health Office from 7:15am-2:45pm, please feel free to bring your child's medication to school during those hours. Medications should be in the original pharmacy bottle labeled with your child's name, the prescriber's name, medication name, dose, time of administration, and any other specific instructions. First doses of new medications should be given at home to monitor for potential side effects. All medications must be taken in the health office. Additionally, in order for me to dispense any medications at school a Medication Administration During School Form must be filled out completely by parents/guardians and your child's health care provider. Medication Administration Forms can be found in the Health Forms tab on the School Nurse page of sussexcharter.org.

Please note that students are not permitted to carry any medications, prescription or over-the-counter, with the exception of Epinephrine Auto-Injectors and inhalers. If your child has permission to self administer an Epinephrine Auto-Injector and/or inhaler please provide a Medication Administration Form, Asthma Action Plan, and/or Allergy Action Plan to the Health Office. All forms can be found on the School Nurse page of sussexcharter.org.

It is my goal to help students remain healthy so that they may achieve their fullest academic potential. If there is any way you feel I can aid in your child's success please feel to let me know.

Thank you,

Colleen Puhala, BSN, RN, CSN
cpuhala@sussexcharter.org
Phone: (973) 383-3250 x2
Fax: (973) 383-2901