



A Guide To Good Health

Griswold Elementary School

INTRODUCTION

This handbook has been prepared for your information and reference throughout the school year. PLEASE SAVE.

Policies related to the school health program will be in writing and they will be the result of mutual planning by the school administrator, the school medical advisor, the school nurse/coordinator, school nurses, and the Board of Education.

It is the intent of the school health program to promote and maintain the highest possible standard of health for each student within the school system.

So that your school health program will continue to meet the needs of the children of Griswold, your support in the form of compliance with regulations and policies, suggestions for improvement, and/or volunteer assistance will be greatly appreciated.

Nursing Staff:

The school nurse is available at the school, Monday through Friday, 8:30 until 3:30, and can be reached by phone at:

Griswold Elementary School - 376-7610

Who to contact for help:

1. Your family doctor.
2. Special Services Administrator - 376-7650
3. Superintendent of Schools - 376-7600
4. School Nurse Coordinator - 376-7647

NOTICE TO PARENTS REGARDING MEDICATION DURING SCHOOL HOURS

Because of the importance of the administration of medication, it is necessary to review with all parents the existing policy and state law governing this matter. All medication needed to be given during school hours are given by the school nurse. In her absence, the principal or teacher may administer medications.

DO NOT send medication of ANY KIND IN ANY AMOUNT to school including non-prescription aspirin, tylenol, cough drops, etc., with your child with instructions for them to take it on their own, or with parent's written permission. The child will not be permitted to assume this responsibility. If your child must receive medication during school hours, please abide by the following:

1. An authorization form from the doctor must be completed and signed. This must include the name of the medication, the dosage, the route, and the length of time to be given. No medication may be given without a doctor's written authorization ([Authorization For the Administration Of Medicine By School Personnel](#)).

2. Medication must be in the original pharmacy bottle labeled with:
 - a. the child's name
 - b. the name dosage and route of the medication
 - c. what time it is to be given

***Please note--no loose medication will be accepted. All medication must be transported by an adult and must be in a prescription labeled bottle.**

Long term medication orders are renewed each school year.

These regulations have been formulated for the protection of your child. We appreciate your cooperation.

GUIDELINES FOR WHEN YOUR CHILD SHOULD STAY HOME FROM SCHOOL

Below are guidelines which will reduce the overall student illnesses, viruses and colds if followed.

Reminder: The best defense against germs is good hand washing practices at home and school. For colds and viruses, fluids and rest are needed to become well. Anytime you have a question regarding your child's health contact his/her pediatrician.

1. Fever greater than 100 or no fever but child is achy, pale and very tired. Student should be fever free X 24 hours before returning to school. Student will be dismissed for fever greater than 100.0.
2. Episode of vomiting or diarrhea. Student should have no vomiting or loose stool X 24 hours before returning to school.
3. Child refuses to eat prior to school and is complaining of stomach discomfort.
4. Nasal discharge which is green in color and continuous.
5. Sore throat with swollen, tender glands and/or fever.
6. Cough with colored phlegm, cough with fever or cough with chest pain or wheeze.
7. Earache with continuous pain and/or fever.
8. Rash with blisters and/or discharge.
9. Please make sure your child is properly dressed. The weather can be finicky, please dress them in layered clothing. **Please do not forget jackets, hats, mittens/gloves and boots when necessary.**

If your child is growing up without health insurance call us today.

As a big step towards a bright future, every child needs preventive health check-ups and quality health care.

Does your child have health insurance? If not, HUSKY may be the answer.

HUSKY is Connecticut's health insurance program created to provide affordable, comprehensive health insurance for children from birth to age 19.

**FOR MORE INFORMATION CALL TOLL FREE
1-877-CT-HUSKY
(1-877-284-8759)
HUSKY
Healthcare for Uninsured Kids and Youth**

SCHOOL HEALTH PROGRAM ACTIVITIES

Vision Screening:

All students, grades K through 4, will be screened annually for visual acuity. Students failing the initial screening will be retested. Retest failures will be referred to private physicians for more complete testing and treatment.

Hearing Screening:

All students, grades K through 3, will be screened annually for hearing deficiency. Students failing the initial screening will be retested. Retest failures will be referred to private physicians for more complete testing and treatment.

Health Counseling:

Individual health counseling is an integral part of the overall program. The nurse discusses with students their health status and assists them in learning ways to improve and/or maintain that status.

Participation on the Pupil Placement Team (PPT):

The school nurse is an active member of the PPT, contributing her expertise regarding medical problems that may interfere with a child's education. This is one aspect to assure the best possible placement of the child involved.

Home Visiting:

The school nurse may make home visits to the families of those students who have special medical, social or emotional needs for the purpose of interpreting, counseling and/or referring such families to resources other than those which can be provided through the school system.

Hygiene:

If a child is observed to have poor hygiene, which interferes with the environment of the classroom, the nurse may have a private discussion with the child and a call will be made to the parents. Please make an effort to supervise your child's daily hygiene (such as daily bathing, clean clothes and tooth brushing).

REQUIREMENTS FOR ADMISSION TO SCHOOL

Physical Examinations:

A complete physical examination is required of all students prior to public school entry and students transferring from out of state. These students must provide a physician documented and signed State of CT physical form within the last twelve months prior to school entry.

NO STUDENT WILL BE ALLOWED TO ENTER SCHOOL IN THE FALL WITHOUT PROOF OF A COMPLETED PHYSICAL WHEN REQUIRED.

Immunizations:

Prior to entry into kindergarten or into any other grade as a transfer student, each student must present age appropriate documented proof of the following immunizations:

Influenza 2 doses: prior to PK entry

DTP 4-5 doses: Diphtheria Tetanus Pertussis - must have before entry (last dose must be given on or after 4th birthday)

Polio Vaccine 3-4 doses: must have before entry (last dose must be given on or after 4th birthday)

MMR 2 doses: Measles, Mumps, Rubella – 1st dose on or after 1st birthday

Hept B Series: 3 in a series, with appropriate dosing schedule

HIB: Hemophilus Influenzae (last dose after 1st birthday)

Varicella: 2 doses of varicella vaccine 1st dose on or after 1st birthday or physician documentation of the history of chickenpox.

Recommended:

- 1 Tuberculosis screening with results –
Griswold Board of Education recommends one between 4 - 6 years of age
- 1 Lead screening with results - The Griswold Board of Education recommends documentation of any done from birth on.

PLEASE NOTE: When your child receives any immunizations and/or screenings, a written doctor's note with date of immunization or results of screening should be sent to the school health office so that we can update our school health records.

Emergency Information:

Parents or guardians are required to provide **EMERGENCY INFORMATION WITHIN 5 DAYS OF PUPIL REGISTRATION**. Parents or guardians must keep this information up to date to facilitate locating parents in case of illness or emergency. Parents are expected to come for children as soon as possible after being notified by the nurse or arrange for someone else to assume care of the child. It is GES policy to require a picture ID of all persons before dismissing a student. A student will not be dismissed to anyone unless that person is listed on their emergency list. **The school nurse cannot assume the responsibility for long term care. If parents fail to meet their responsibility, the nurse must notify the principal.**

WHAT HAPPENS IF

Your Child Is Injured In School:

The severity of the injury will determine what is done. Minor scrapes, cuts, bruises and the like will be ministered to by school personnel. More serious injuries, not requiring emergency care, but needing more than first aid will be referred to the child's parents or guardians for care or transportation to medical attention.

An immediate notification of parent shall be required whenever a student experiences a serious illness, accident or questionable health condition during school hours. The family shall be requested to call their family physician or accept the services of the school physician or his alternate. In emergencies demanding immediate action, the nurse or principal shall assume responsibility for

obtaining the best available medical care. Please ensure your contact information is kept up to date.

Your Child Becomes Ill In School:

Should your child complain of not feeling well during school hours he/she will be examined by the nursing staff and a decision made as to whether the child should remain in school or be sent home. ANY CHILD HAVING AN ORAL TEMPERATURE OF 100 OR OVER SHALL BE SENT HOME.

Your Child Is Thought To Have A Communicable Disease:

Any child thought to have a communicable disease (that which may be passed on to another student) shall be examined by the nursing staff and if confirmed shall be excluded from school. Conditions which indicate exclusion include, but are not limited to: strep throat, chicken pox, impetigo, scabies, conjunctivitis (pink eye), pediculosis (head lice), etc. Any child excluded from school for a communicable disease must be seen by the school nurse and/or have a written statement from a physician prior to re-entry. If the parent should discover that the child has a communicable disease at home, he/she should notify the health office.

WHAT YOU SHOULD DO IF

Your Child Needs To Be Excused From Recess Or Gym:

If your child is ill or injured and needs to be excused from gym or recess, a note from the child's physician is required stating the length of time the child is excused and when they may return. Otherwise, it will be left to the discretion of the school nurse depending on child's past and present medical history. The excuse from the school nurse shall cover one school day. The school nurse advises that a child who is able to be in school should participate in gym or recess as tolerated.

Your Child has An Allergy:

1. Any student who has an allergy must have an official statement from his/her physician giving all pertinent facts concerning such allergy and treatment on file in the school health office.
2. Medication prescribed by the physician accompanied by "Authorization for Administration of Medicine by School Personnel" and "Food Allergy Action Plan" for food allergy, form must be on file with the school nurse on the first day of school each year.
3. For health and safety reasons, an identified allergic student will be excluded from school until these regulations are met.
4. If a student's allergy no longer exists, a statement from the physician or parent is required to release a student from school regulations regarding bee stings.