

A NOTE FROM OUR SCHOOL NURSE, CLARE RASHKOFF

(SEEMINGLY ENDLESS...) HEALTH FORMS

Health Assessment Records, Annual Health Information Forms, Emergency Medical Information Forms.... I know: parents are asked to complete seemingly endless forms at the start of each school year. Life is busy and time is short! But the annually updated forms are essential in the event of an emergency, and emergencies can occur anywhere. They also help me make the best decisions regarding care for your children while they are at school. I therefore thank you for carefully completing the annual forms. Remember to check both sides and fill in all the blanks! I appreciate it, as do the teachers who accompany your children on trips. I realize it can be frustrating to rewrite the same information in multiple places (and sometimes for multiple children!). The forms are designed to ensure we are thoroughly prepared at school and during field trips. Again, THANK YOU!

PHYSICAL EXAMINATIONS

The State of Connecticut Department of Education requires physical examinations for all students entering kindergarten and during their sixth grade year. **Annual physical exams are required for all students participating in sports.** We hate restricting participation because a current PE is not on file! Please contact me if you are unsure of the date of your child's last PE. It is considered "not current" if more than thirteen months have elapsed, in which case documentation of a more recent exam by a licensed medical professional is required before your child may participate in sports.

ABSENCES from school

If your child will be absent or late for any reason, please call me at 860-672-6617, ext. 304, or send me an email at crashkoff@cornwallschool.org. This is very helpful, as we do everything possible to confirm students' safety. Messages may be left any time, twenty-four hours a day. **Students must be AFEBRILE (free from fever) WITHOUT MEDICATION for at least 24 hours before returning to school after they have been sick. They should also be free from vomiting and diarrhea for a minimum of 24 hours and tolerating a regular diet before returning to school following stomach upset. Although it is never ideal for any child to miss school, please do not send your child to school if they are ill or recovering from illness.**

ILLNESSES and INJURIES at school

Safety is paramount and we make every effort to safeguard your children at school. If your child becomes ill or injured we will call you immediately using the contact information you have provided. Remember to update us with any changes during the year! School is never the best place for a sick child, so please have a backup support system in place in the event your child cannot remain at school and you are unavailable.

MEDICATIONS

Acetaminophen (Tylenol) and ibuprofen (Advil, Motrin) are available for occasional administration if you, the parent or guardian, have given your permission on the Annual Health Information Form. A Medication Administration Form must be completed for any other medications (prescription and over-the-counter) administered to a child at school. Your child's physician's signature is required. All medications must be delivered to school in their original containers by an adult; please do not send medications to school with any student.

HEALTH SCREENINGS

Vision and hearing screenings are completed annually on all students, and scoliosis screenings are completed on students in grades 5-8. You will be informed of any concerns and your child referred for further evaluation if indicated. Please let me know if you would like more information or are interested in discussing the screenings.

BIRTHDAYS, and CELEBRATIONS with FOOD

If you plan to provide a treat for your child's class, please inform the classroom teacher in advance. Two days would be great! Please support our goal of remaining a "candy and soda free" school. Although both can be part of a healthy diet they are best kept to a minimum, and at school we want to model best choices. A delicious and healthful option such as fruit would be appreciated. Although we are not a nut-free school, please avoid sending in anything containing nuts, and please feel free to ask about any special dietary considerations for your child's classmates.

I encourage you to share any concerns relevant to your child's health. I want to provide the best support possible as they move through their primary and middle school years.

Clare Rashkoff RN