

Whitcomb School

Feel Healthy Be Ready to Learn Daily Formula

- ◆ 9 hours of sleep nightly
- ◆ 5 fruits and vegetables
- ◆ 2 hours electronics
- ◆ 1 hour exercise
- ◆ No added sugars

School Nurses:

Karen D'Alessandro RN
508-460-3530
Fax 508-624-6976

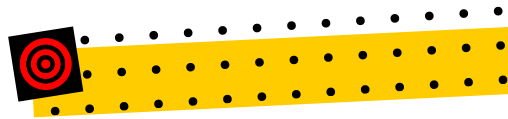
Nadia Sansossio, RN
508-624-6933
FAX 508-624-6976

STATE MANDATED: IMMUNIZATIONS

Massachusetts State law requires students enrolled in all Massachusetts public schools to provide proof of immunization as defined by the Massachusetts Department of Public Health. Religious and medical exemptions are accepted. Please speak to your school nurse if you have any questions regarding your child's immunization status

PHYSICAL EXAMINATIONS

A current physical is required upon initial entry to Marlborough Public Schools and for all students entering grade 7 and students participating in sports activities.



SPORTS PHYSICALS

In accordance with the Massachusetts Interscholastic Athletic Association all middle & high school students who participate in school athletic programs are required to have a current physical on file in the school health office.

See the Whitcomb Student Handbook for details located on the Whitcomb web page ...see the Students & Family tab for nursing services and resources

Whitcomb School
25 Union St
Marlborough MA 01752

SCHOOL HEALTH SERVICES

Whitcomb School

*A child must be healthy to learn
and a child must learn to be healthy...*

*Massachusetts
Department of Public Health*



Angela House,
Principal

Phone 508-460-3502

► School Attendance Guidelines

When should your child stay home?

First, check your child for symptoms at home.

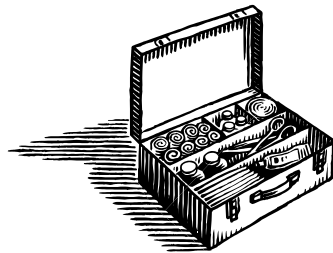
- ◆ If your child has had a fever over 100 degrees within the past 24 hours.
- ◆ If your child is vomiting or has had diarrhea within the past 24 hours
- ◆ If your child has red/pink eyes with drainage
- ◆ If your child has a decreased energy level due to cold or flu symptoms.
- ◆ If your child has strep throat, he or she may return to school after receiving a full 24 hours of antibiotic treatment.
- ◆ If your child has active head lice he or she must be treated and seen by the school nurse prior to returning to school.



Parent/Guardians will be contacted to take their child home if, in the professional opinion of the school nurse, the child is unable to participate in school activities or puts other students and staff at risk for illness. Please have a plan in place to pick up your child in case he or she needs to be dismissed from school.

Role of the School Nurse

- * Provides health assessments, first aid, and emergency care.
- * Conducts state mandated screening, including vision, hearing, postural and substance use (SBIRT)
- * Develops and implements Individual Health Care Plans for students with special health care needs.
- * Oversees medication administration and assessment for prescription as well as over the counter medications.
- * Maintains confidential student health records.
- * Provides a link to access community health services.
- * Provides health counseling and education both individually and in the classroom setting.
- * Monitors immunization compliance and communicable disease control.



Medication Policy

- Medications may be administered at school by the nurse with a written order from a licensed health care provider and with parent permission.
- All medications must be in the original pharmacy or manufacturers container. No other containers will be accepted.
- All medications should be delivered to the school nurse by a parent or responsible adult.
- Children are not allowed to bring any medication to school, over-the-counter or prescription.
- Over-the-Counter medications also need physician orders.

Promoting a Partnership

Parents/Guardians have a major role in promoting the health and well-being of their children. It is important for the school nurse and parents to work together to provide a healthy learning experience for their child. Parents can assist by:

- Sending in completed health forms
- Updating emergency telephone numbers
- Obtaining immunizations and physicals as required
- Communicating with the school nurse any health concerns you have about your child

