

## **Gorham School Department Health Services**

There are many important health needs recognized in school-age children, therefore many state laws and Board of Education policies have been developed to promote the health and safety of these children. It is the goal of the Gorham Health Services Department to carry out these policies and to identify preventative measures to promote wellness in the school community.

The School Health Department is staffed by professional nurses, who cover Gorham High School, Gorham Middle School, Narragansett, Great Falls, and Village Schools. Please contact the school nurse at your child's school for any health concerns or questions.

### **Accidents**

Parents will be notified of all accidents occurring at school, except those requiring basic first aid. If the student needs follow up care at home or at the hospital, the parent is responsible for transporting the student (or their designated emergency contact person). For serious medical emergencies, the rescue department will be called.

### **Allergies**

The school nurse will ask parents of students with allergies to complete an allergy action plan in collaboration with the child's physician on an annual basis. Students who require emergency medications, such as Inhalers or Epinephrine Auto-injectors, may self-carry with the written permission of their physician and parent and collaboration with the school nurse. Parents will work with the nurse to set up instructions regarding snacks, meal choices, and field trip concerns at the start of each school year. There are students in the district who are latex allergic; therefore the only balloons allowed in the school building are **Mylar balloons (NO LATEX BALLOONS)**.

### **Communicable Diseases**

Students with diseases that are contagious/infectious shall be excluded from school until signs of contagion are past. Exclusions are as follows:

**Chicken Pox**- until all lesions have crusted over or are dry, usually 5-7 days, or longer

**Conjunctivitis**- 24 hours after medication started

**Impetigo**- 24 hours after medication started

**Pertussis**- MD note needed

**Measles**- MD note needed

**Scabies**- may return after treatment has been completed

**Strep**- 24 hours after medication started

**Ringworm**-24 hours after medication started

**Fifth Disease**-No exclusion necessary, but notify the Health Office of the illness

**Head Lice**- In Accordance with guidance from the Center for Disease Control, the American Academy of Pediatrics, the Harvard School of Public Health, and the National Association of School Nurses regarding head lice infestations, the following guidelines will direct our actions:

- Children who are symptomatic (scratching persistently) will be referred to the school nurse.
- A school nurse will evaluate the case and take appropriate action, maintaining confidentiality for the child.
- If a school nurse is not present, the student will remain in class and the nurse evaluates the student at the next available visit.
- The school nurse will develop a plan with the student, family, and staff members, as appropriate, with the goal of limiting missed class time.

## **PLEASE REPORT ALL COMMUNICABLE DISEASES TO US!**

### **Cough Drops**

In accordance with the medication policy and due to concerns of choking, allergic reactions and overuse, we are sending this reminder that medicated cough drops (those with any additives such as menthol, vitamins, cough suppressants, etc.) are regarded as medications and therefore require written permission from **BOTH the student's physician and parent/guardian**. As with any other medication, these medicated cough drops should be delivered to school by an adult, leaving just enough for one week with the school nurse. If your child still needs them after one week, you should consult your child's physician.

**Non-medicated** cough drops such as plain Luden's throat drops or Halls Breezers (sent in original packaging may be used in school with written permission from a parent/guardian. Cough drops should be used no more than once every two hours. Sipping water all day is just as effective, with the added bonus of increased hydration and quicker recovery. Feel free to send your child to school with their own water bottle!

Our goal is to ensure the safety and well being of all students during the school day, and we appreciate your cooperation in following these guidelines.

### **Emergency Census Form**

Each year every student's parent or guardian must complete an emergency form **during the first week of school**. This form includes names and phone numbers of emergency contacts.

### **Hand Sanitizers in School**

- The preferred method for hand hygiene as recommended from the CDC (Center for Disease Control), is washing with soap and water.
- For areas in the school building without access to water in the classroom (portables) there are hand sanitizer stations provided by the school district. Students should follow use of hand sanitizers with hand washing with soap and water when feasible.
- Students are asked to refrain from bringing a personal supply of hand sanitizers from home. Our concern is for students who may have an allergy to a certain

product, are bothered by fragrances from the products, or have sensitive skin conditions. Additionally the flammability content of many hand sanitizer products is a concern.

### **Health Screenings**

Each year the Health Service Department will complete the following health assessments:

- Grade K,1,3,5 - Hearing, Vision
- Grade 7, 9 - Vision

Parents may notify our department, in writing, if they do not want these screenings done. All students who do not pass the first screening will be re-screened at a later date. Once the second screening is completed, the nurse will send written notification to parents of those who did not pass the second screening.

### **Illness/Dismissal**

Please notify the school office if your child is ill and will not be attending school. When you call the school office please state the **child's symptoms and whether or not there is a fever over 100 degrees**. Students who become ill at school will be dismissed only to the specific people listed on the emergency card unless the school is instructed by the parent to make other arrangements. The school nurse or school secretary should see all students who are ill at school prior to dismissal. Students may not notify parents they are ill via text or cell phone call during school hours. The phone call home should be made from the main office or nurse's office. Following this procedure allows us to track common illnesses. **Students who have a fever must stay home until they are fever-free for 24 hours (without the use of anti-fever medicine). Students with diarrhea or vomiting must also stay home for 24 hours after diarrhea or vomiting has stopped, before returning to school.**

### **Immunizations**

Current Maine State Law for children attending public schools requires:

- 5 Diphtheria, Tetanus, Pertussis doses (4 doses if dose 4 was given on or after 4th birthday)
- **Tdap booster required on entry to 7th grade**
- **Meningococcal vaccine (MCV4), required on entry to 7th grade, (given on/after 11th birthday), and 12th grade, (given on/after 16th birthday).**
- 4 Polio doses (3 doses if dose 3 is given on or after 4th birthday)
- 2 Measles, Mumps, Rubella doses (dose 1 must be on or after first birthday)
- 1 Varicella (Chickenpox) dose, (K-12), or a health record from your Primary Care Provider showing proof of chickenpox disease, or a blood test showing immunity to chickenpox.

### **Medications**

Please note the medication policy and permission form located in this handbook.

### **Physical Exams**

Health Services encourages parents to forward physical exam records to the school nurse as the primary care provider sees the student. We will routinely send home reminder notices in grades K, 4, 7, and 10 if we do not receive documentation of an exam for our health records. A physical examination provides the school with valuable information about the health status of your child and is an important part of the health record. The Gorham School Department is not responsible for providing physical examinations for students. **The Athletic Department requires a physical every 2 years in grades 6-12 for any student who is playing a school sport. Please keep a copy on hand of your child's physical exam report so that it is readily available for any sports season.**

### **Student Health Records**

Student health information both written and oral is confidential. The information will only be shared to enhance the educational process of the student by understanding any underlying health problem. Throughout the school year, medical alert lists are distributed to faculty and staff listing allergies, medications, and chronic conditions of the students meeting these guidelines.

If you have any questions or concerns regarding the health of your child please contact your school nurse.

05/2018 nurses