

**FORT LEE SCHOOL DISTRICT
FORT LEE, NEW JERSEY
HEALTH LETTER AND BULLETIN TO PARENTS
FORM 02-D-14**

Dear Parent / Guardian:

We strongly advise that you take a few minutes each morning to check your child's health before he/she leaves for school. It should be remembered that a student cannot function properly in a classroom situation if he/she is not feeling well. The following are a few suggestions, which will help to guide you. If there are any questions please consult with the school nurse.

REASONS FOR KEEPING YOUR CHILD AT HOME

1. **Illness during the night.**
2. **FEVER of 100 degrees or more. YOUR CHILD MUST BE KEPT HOME FOR 24 HOURS AFTER THE TEMPERATURE RETURNS TO NORMAL.**
3. **Complaints of nausea, headache, or abdominal distress.**
4. **Vomiting the night before or in the morning before school**
5. **Symptoms of communicable disease (including but not limited to: cough, sore throat, "red" eyes, swollen glands, rash, or runny nose). *If it has been determined that the student's absence is due to a medical condition, to prevent the spread of communicable diseases and the progression of an illness, a medical clearance letter is required from the student's health care provider upon returning to school***
6. **If your child or family member within the same household has been exposed or tested positive to COVID-19: please refer to "How Long Do I Need to Stay in COVID-19 Quarantine" for unvaccinated students.**

KINDLY NOTIFY SCHOOL

1. **Elementary/Middle Schools: Contact the school nurse/teacher for an absence of a child before 9 a.m.**
2. **High School: Contact the Attendance Office at (201) 585 – 4675 Ext: 6503, for an absence of a child before 8 a.m. (An answering machine will take calls prior to the start of the day).**
3. **High School: Contact the Attendance Office for Late Arrival and Early Dismissal. Parent(s) must come in to sign out their child.**
4. **If hospitalization of child becomes necessary. Medical clearance must be obtained prior to student returning to school.**
5. **If school insurance forms are needed.**

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6. If home tutoring is needed. This must be approved by the Fort Lee School District Medical Director after application submitted by student's treating physician.
- 7a. If communicable disease is present. Medical clearance must be obtained prior to student returning to school.
- 7b. If your child is under quarantine due to the COVID-19 pandemic, a negative COVID-19 PCR test result and medical clearance must be submitted before returning to school.
8. When your telephone number has changed.
9. When you change your place of employment, further information is essential if emergency contact becomes necessary.
10. When you change your emergency person to be contacted in your absence.
11. When your child is required to use crutches and/or a wheel chair during the school day. Medical clearance must be obtained prior to the student's return to school.

MEDICATION IN SCHOOL

Medication administration in school will only be permitted when the student's health and continuing attendance in school so require, **AND WHEN THE MEDICATION IS PRESCRIBED BY A PHYSICIAN.**

NO MEDICATION will be administered to students in school except by the school nurse/teacher or the student's parent.

All medication must be delivered to the school nurse/teacher in its **ORIGINAL LABELED CONTAINER** and must be accompanied by a physician's written and signed statement of:

1. Reason for medication
2. Name of medication
3. Dose to be given
4. Time to be given
5. Date when medication is to be discontinued
6. Possible side effects

A FORM CONVENIENT FOR THESE PURPOSES IS AVAILABLE FROM THE SCHOOL NURSE/TEACHER AND ONLINE.

CHICKEN POX:

Children who have chicken pox must remain at home for 7 – 10 days, until all lesions have scabs and are dry. A note from the physician is necessary for re-entry into school.

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COLD SYMPTOMS: All children who have colds, coughs, or sore throats should remain at home until the runny nose, cough, and soreness have cleared up, and they have no fever for 24 hours.

CONJUNCTIVITIS (Pink Eye): All students with itchy, reddened, draining, or crusted eyes must remain home until they are on a prescribed medication for at least 24 hours. A note from the physician is necessary for re-entry into school.

HEAD LICE: Children who have head lice must remain at home until they have used a lice shampoo and are found to be completely free of nits (eggs) by the school nurse/teacher, upon reentry.

IMPETIGO, SCABIES: Children who have impetigo or scabies must remain home until they have been seen by a physician and are on prescribed medication for at least 24 hours. A note from the physician is necessary for re-entry into school.

MEASLES, RUBELLA: Children who have been diagnosed by a physician as having either of these diseases, must notify the school nurse/teacher immediately and physician documentation must be supplied.

MUMPS: Children who have mumps must remain home at least 7 days to allow swelling to disappear and physician documentation must be supplied.

POISON IVY/ OAK/SUMAC: Although not contagious, children should remain at home until comfortable and able to resume school schedule.

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STREP THROAT, SCARLET FEVER:

Children, who have strep throat or scarlet fever, must remain home until they have been on antibiotics for at least 24 hours. Physician documentation must be supplied.

COVID-19 (CORONAVIRUS):

On September 2nd, the New Jersey Department of Health Released updated COVID-19 public health guidelines for schools. Based on these guidelines, the District has updated its COVID protocols which will be implemented immediately.

Additional Resources from the New Jersey Department of Health including COVID-19 Public Health Recommendations for K-12 Schools, Childcare and Youth Camps, last updated 08/29/22:

New Jersey Department of Health COVID-19 Information Hub:

https://www.nj.gov/health/ed/topics/covid2019_schools.shtml

Arianna Egloff, R.N., C.S.N. #201-585-4620 Ext: 1502	School #1
Alyssa Marasciulo, B.A., R.N., C.S.N. #201-585-4630 Ext: 2502	School # 2
Aben Lee, R.N., M.S.N. #201-585-4640 Ext: 3502	School # 3
Cecilia Kim, R.N. #201-585-4650 Ext: 4502	School # 4
Dominique Kondreck, B.S.N., R.N., C.S.N.-T. #201-585-4660 Ext: 5522	Intermediate School
Deirdre Mariotti, R.N., B.S.N., C.S.N. #201-585-4660 Ext: 5502	Middle School
Nateka Brewton, R.N., M.H.A. #201-585-4675 Ext: 6502	High School
Melissa Grudic, R.N., B.S.N. #201-585-4675 Ext: 6618	High School
Neila Domingo, R.N. #201-944-0421 Ext: 103	Christ the Teacher