

## Healthy habits

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Your children will learn better if you practice healthy habits at home.

- Have a regular bedtime hour for your child. *Primary grade children need at least 10 hours of sleep every night.*
- Help your child start each morning with enough time to wash, eat a good breakfast, and brush their teeth.
- Make sure your child eats regular meals. *Breakfast is especially important.*
- Encourage your child to eat healthy foods. Try snacks such as fruits, raw vegetables, yogurt, and cheese.
- Teach your child to wash hands regularly—and always before eating and after using the bathroom.
- Help your child to choose clean clothes suitable for school. Pants are appropriate for days when they have Physical Education.
- Always make your child dresses appropriately for the weather. *Children need to wear warm enough clothes to be comfortable for outdoor recess and their bus rides to and from school.*
- Make sure your child wears a warm coat, hat, and gloves to wear in the winter, and waterproof boots for wet or snowy conditions.

### Phoenicia Elementary School

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# Phoenicia Elementary School

## Health Information

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**School Nurses Make It Happen**

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## Health Office goals

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Health problems make learning harder. The School Nurse has the following goals to support your child's education:

- Maintain a healthy environment so children can learn effectively.
- Help each child maintain the highest possible level of health.
- Identify potential health issues and help families address them.
- Teach children healthy habits.

## How we handle injuries and illnesses at school

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*The Health Office is only allowed to provide immediate First Aid and temporary care if a student is injured or becomes ill at school. Under New York State Law, a nurse cannot diagnose a condition, or provide more than first aid for an emergency.*

The School Nurse will handle minor problems and send your child back to class if no further care is needed. If more care is needed:

- The school will make every effort to reach a parent or guardian. If a parent or guardian cannot be reached, the school will call additional emergency numbers you provide.

*You must complete an Emergency Card and keep it up to date so the school will know who to call.*

- Parents or guardians are responsible for transportation and further care. The school will help the parents or guardians plan transportation to home or a medical facility.
- The school district carries accident insurance that supplements the family's insurance for injuries during school activities.

## What you need to tell us

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### Who to contact

The school provides Emergency Cards for you to tell the school how to reach you, and who else to contact if you cannot be reached.

*You must complete an Emergency Card and keep it up to date.*

### Information about your child's health

The school provides Health Forms for you to tell us about existing medical conditions your child might have and any special instructions for responding to problem that might occur.

*You should complete a Health Form and keep it up to date.*

Please include the following:

- Chronic physical or medical conditions
- Medications your child takes
- Allergies to insect stings
- Allergies foods such as milk, nuts, etc.
- History of allergic reaction to medications

## Medications at school

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*Every effort should be made to avoid giving any medication in school. This includes homeopathic remedies, prescription drugs, and non-prescription drugs (such as ibuprofen, cough drops, antacids, etc.)*

If your child has to take medication during school hours, you must do the following:

- Provide a written request from your health care professional that includes the name of the medication, the dosage, and frequency.
- Provide a written request from a parent or guardian to administer the medication.
- Deliver the medication in the original labeled container to the Health Office. (The medication must be kept in the Health Office.)

## Absence from school

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If your child is absent from school, he or she must bring a written excuse that includes the student's name, the date(s) absent, and the reason for the absence. *The note must be signed by a parent or guardian.*

*Please call the school when your child will be absent and notify the School Nurse if your child has a contagious illness.*

## Legal requirements

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### Immunizations

New York State Law requires the following immunizations for children entering Kindergarten:

- At least 3 Diphtheria Toxoid (DTaP) vaccinations
- 4 IPV Polio vaccinations (Only 3 are required if the third is given after age 4.)
- 2 Measles, Mumps, and Rubella (MMR) vaccinations
- 3 Hepatitis B vaccinations
- 1 Varicella (Chicken Pox) vaccination

### Health examinations

New York State Law requires health appraisals (physical exams) for all students new to a school, and all students entering Kindergarten, Grade 2, and Grade 4.

The Health Office can perform these examinations however your health care professional is recommended because he or she:

- is familiar with your child's history.
- can provide needed immunizations.
- has diagnostic facilities not found in schools
- can immediately treat or advise you about any health conditions that might be found.

The Health Office will provide a form for your doctor to use for such an examination.