
HEALTH BULLETIN

Dear Parent/Guardian:

We urgently request that you, as parents or guardians, take a few minutes at home each morning to carefully check on your child's health before he/she leaves for school.

The following are a few suggestions which may help to guide you:

REASONS FOR KEEPING A CHILD AT HOME

1. Illness during the night.
2. Fever of 100 degrees or more (keep child at home 24 hours after temperature returns to normal.
3. Complaints of nausea, headache or abdominal distress.
4. Symptoms of communicable disease are noted: e.g., sore throat, "red" eyes, swollen glands, rash, cough.

PLEASE NOTIFY SCHOOL

1. Of **any** absence from schools
2. If hospitalization of child becomes necessary.
3. If a communicable disease is present.

PLEASE SEND A NOTE

1. When your child returns after **every** absence, stating the reason for his/her absence.
2. When the telephone number has changed.
3. When you change your place of employment (this information is essential if emergency contact becomes necessary).
4. If a child is to take a prescribed medication at school.

If you will cooperate with us by checking your child's health condition each morning and not permitting your child to return to school after an illness until he/she is completely well, we will be better able to serve the welfare of the entire student body. Also, it should be remembered that a student cannot function properly in a classroom situation if he/she is not feeling well.

SCREENINGS

In accordance with the New Jersey Department of Education Health Service Guidelines, health screenings are periodically conducted on our students at various times throughout the school year. These screenings include height, weight, blood pressure, vision and hearing. Scoliosis screening to look for curvature of the spine is done every two years between the ages of 10-18. If any problems are found during these screenings, you will be notified to follow up with your family doctor or eye doctor. If you have noticed a possible problem with your child's hearing or vision, or if you have any other health concerns, please call the school and ask to speak with the school nurse.

PHYSICALS

We require an updated physical exam upon admission and every year. Your doctor may use his/her own form, or you may request a form from the school. If your child wants to participate in the Sports program there are State forms which must be used. Parents/guardians are reminded that dental examinations and cleanings are also important.

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