

Saint Paul Interparochial School
187 Wyckoff Avenue
Ramsey, NJ 07481
201 327-1108

Dear Parents,

There are a few important health concerns we would like to bring to your attention.

1. To insure a happy and healthy school experience for all St. Paul students, please have your child remain home until **fully recovered** from an illness. (I.e. 24hrs fever free, 24 hrs. after vomiting, sneezes, coughs and runny noses under control).

** Please call the school to notify us when your child is absent or will be late by 8:30AM.*

**** Please send a note upon return to school with reason for absence and dates.**

2. If your child has had a **throat culture**, please keep him/her at home until you're notified of the results. For a positive strep test the child must not return to school for **24 hours** following administration of the prescribed medication.

3. Any child coming to school with stitches, crutches, casts or immobilizers is required to have a **physician's note** as to diagnosis, activity limitations and when activity can be resumed. (*Without a written note the child will be restricted from PE and Play activities.*)

4. New Jersey State law requires signed doctor's orders and specific protocol to be followed for administration of any **medication** at school (including OTC medications like Tylenol, Advil, cold medicines or poison ivy creams). **Please contact the school nurse regarding this before sending any medications to school.**

5. During each school year the children are routinely screened for height, weight, hearing, vision, blood pressure, and lice. Examining your child's head for lice should be done routinely at home). Scoliosis screening will be done for students age 10 and up in the spring every other year.

6. The emergency card required for each child is very important. Please report any change of phone number, address or emergency information etc. immediately.

7. School policy requires all new students and K, 3rd and 6th grade students to have a physical exam by your physician. **An annual physical exam is required for all who participate in school-sponsored sports.** Please update us on any changes in immunization or health status throughout the year.

8. **Breakfast and 9 –11 hours of sleep** are extremely important. Valuable school time is being spent in the nurse's office with stomachaches and somatic complaints, which can be prevented with good nutritional habits and sufficient sleep.

9. I will be visiting each classroom to discuss prevention of the spread communicable diseases with the students. Please remind your children to be vigilant with **hand washing** and keeping hands and objects away from face, eyes and mouth as this is the best defense to prevent the spread of colds and flu.

Thank you for your cooperation. Please feel free to contact me with any health concerns.

Sincerely,

Mary Ann Sweeney, RN
School Nurse

