

Health office news and information:

Daily attendance is monitored through the Health office. A confidential voice mail is operational 24 hours per day at 908-852-7222 for ATS and 908-852-1894 (prompt 5 for MVS and press 4 for the nurse) for Mountain Villa. We are legally obligated to verify each student's status when not present in school. Further, any child not **in the classroom** at 8:30AM is marked absent so if your child is tardy for any reason, leave a message as to when you expect to drive the student in. Further, it is essential that tardy students enter via the main office to obtain a pass. Please help us monitor attendance for the safety of each child by calling in to notify of illness, an appointment, and vacations even if you notify the classroom teacher, you must call the absentee line.

Emergency Cards must be completed on BOTH sides. Please provide all contact numbers and at least TWO LOCAL EMERGENCY CONTACTS who can transport your child and assume responsibility in your absence. We cannot release a student to a family member or friend unless listed on the medical card-verbal permission cannot be accepted. Remember to notify the office IMMEDIATELY of any changes during the school year. It is newly **required** to list your child's health insurance information on the Emergency Card. If you do not have medical insurance, please contact the *NJ Family Care* (800) 701-0710 or www.njfamilycare.org.

Screenings for vision, hearing, height and weight are provided for each child as per the NJ School Nurse Guidelines. Scoliosis screenings are offered to 5th and 7th grade students and as the children are required to disrobe their shirts, permission slips are required. Parents can choose to have the scoliosis screening performed by their private healthcare provider as long as written documentation of the result is provided to the school nurse. *Please be aware that strep screenings will no longer be provided at Allamuchy School.*

Physicals are required for newly transferred students and upon Kindergarten and 6th grade entry. It is also required for any student participating in a school sport to submit an annual physical on the NJ Department of Education Annual Athletic Pre-Participation Physical Exam form (total 7 pages). Although not required for other grades, the nurse would appreciate a copy of the most recent physical for the students' records.

Vaccinations are required by NJ State Law and vary by grade and birth date. It is required each child has a copy of the state mandated vaccinations on file with the nurse. Please call the nurse for individual questions and information is available at the American Academy of Pediatrics website www.aap.org. *Any requests for copies of the students' vaccination records must be in writing addressed to the school nurse.*

Medication administration is legally permitted in a school by the registered nurse(s)/substitute registered nurse(s) and parents only. Students are not allowed to carry medication on their person. There are exceptions to this rule for certain life threatening conditions such as diabetes, anaphylaxis and severe asthma and special arrangements will be made through the nurse and your healthcare provider. Written orders from your healthcare provider must be provided to the school detailing the type of illness, the name of the medication, dosage, route, and time of administration. An adult must deliver the medication in its original container. It is not acceptable for a student to carry medication on the school bus.

Physical education is state mandated as well as encouraged to benefit well-being; however a student may become ill or have an injury preventing participation. It is the **practice of the school nurse to provide a ONE day pass if the parent writes a note or calls the nurse to request their child sit out.** If the student requires two or more days to recover from an illness or injury, a healthcare provider's note will be required indicating the injury/illness, length of recovery and a date as to when the student can resume participation in physical education.

Classroom parties and celebrations enhance the student's school experience yet we need to be mindful to ensure a safe environment for all students. Our school's policy for sharing food is to allow only non-allergenic, store-bought, sealed foods with the ingredients clearly listed; we cannot serve any food made on equipment that processes common allergens. *Avoidance is the only way to prevent an allergic reaction.* Although we support parents' providing fresh fruits and vegetables, we must ensure the products remain in compliance with our policy; therefore we cannot allow fruits/vegetables that have been cut at home due to the risk of cross-contamination. I would like to suggest pre-packed cut up fruit (i.e. apple slices or baby carrots) and small pre-packed fruit cups (i.e. apple sauce or mandarin oranges) as a possible solution. Allamuchy Township School promotes awareness and education about food allergies and more information can be obtained at the Food Allergy Network www.foodallergy.org. Food and snacks for parties must comply with the mandatory Federal Wellness policy and **CANNOT HAVE SUGAR (IN ANY FORM) LISTED AS THE FIRST INGREDIENT.** Foods of Minimal Nutritional Value (FMNV) are banned such as spun candy, candy, soda water, and chewing gum. Please be sure to contact the classroom teacher or school nurse to make specific arrangements and plan the food items.

Snacks: It is our intent to allow a short snack in the classrooms certain grades, however to keep this interruption as short and easy as possible, we ask that parents provide a small healthy snack. We would like to avoid common food allergens in our classrooms so please be mindful when sending K-1-2 students' snacks for the classroom and we ask you provide a non-allergenic snack (i.e. nothing containing peanuts). Grades 6-8 have a late lunch and administration will allow, at the teacher's discretion, a non-allergenic snack of a fresh fruit, vegetable, or compact healthy snack (i.e. gogurt) but it is essential to keep disruptions at a minimum. As grades 3-5 have a mid-day lunch, snacks should not be necessary.

Breakfast: The school nurse cannot stress the importance of a good breakfast. All children benefit both physically and mentally from a good breakfast. The New Jersey State Guidelines and Allamuchy Township School promote nutrition education and provide healthy foods, so we are asking our parents to partner with us to teach our children about eating well.

We appreciate your cooperation and any questions can be addressed to the school nurse at 908-852-7222 or the school principal at 908-852-1894 ext 101.