

## Welcome to Kindergarten – Grade 8 at St Joseph School

### A Note from the School Nurse

I hope your child has a wonderful, healthy year at St. Joseph School. However, should your child need the nurse, the health office is located within the main office. I am present everyday from 8:30 to 3:00. Please feel free to stop by at anytime to discuss your child's needs. I am also available by phone at 203-775-2774 or by e-mail at [ksanchioli@sjsbrookfield.org](mailto:ksanchioli@sjsbrookfield.org).

Please complete and return the Annual Health Update. This form provides me with an updated health history, grants me the ability to give your child medication for fever or pain if you choose and provides accurate emergency contact information. I will call you if I access the need for medication for your child or if he needs to go home due to illness. If you prefer to be contacted by e-mail, please add that to the Annual Health Update form.

Absences should be e-mailed or phoned into the main office by 9:30 am. Please call me if your child has a communicable illness such as strep throat, flu, chicken pox, fifth's disease, conjunctivitis (pink eye), lice or impetigo. Also notify me of any changes in your child's health as well.

#### **Your child will be sent home if he/she has the following symptoms:**

- Fever of 100.5 degrees
- Runny nose with green or constant discharge
- Strong or persistent cough
- Nausea, vomiting, or diarrhea
- Inability to participate in the classroom due to illness
- Eyes are red or have a discharge

**Please make arrangements to have someone available who can care for your child if he needs to be sent home for sudden illness or miss school because of illness.** Your child will recover more quickly if he can rest in the comfort of his own home and will not pass germs around to the other students.

#### **Your child should not return to school until:**

- His temperature has been no higher than 99.0 degrees for 24 hours **without** medication.
- She receives two doses of antibiotic (if prescribed) and is fever free for 24 hours.
- She is eating solid foods without vomiting or having diarrhea for 24 hours.

It is policy that students do not share food due to the large number of students with life-threatening allergies. Please make sure you check with your child's teacher before bringing in any bake or bought goods for the class.

Dress shoes or sneakers are required as part of the school uniform. To help prevent injuries, please have your child wear sneakers or closed-toed shoes to school every day, even on dress down days. Sandals, crocs, shoes with heels, and boots are not appropriate footwear for gym and recess.

I look forward to a happy and healthy new school year.

SJS Health Office