

ST MARY
HEALTH OFFICE
OCTOBER 2019

Dear Parents/Guardian,

I hope everyone has had a smooth transition to the new school year. Welcome to all the new students here at St. Mary. The new school year has definitely gotten off to a running start. The health office has been quite busy with various health issues and sorting of the mandated paper work. It's been a whirlwind.

Physicals are mandated for ALL students NEW to the school and those students in pre-k, first, third, fifth, and seventh grade. There is a standard form that you can request here in the health office. The physical is required as soon as an appointment with your doctor can be scheduled. If you need a physical form, please contact the health office and I will send home a form with your child. If you have any questions, please call me.

There are some changes to the immunization requirements. Immunizations are state mandated for student attendance. I have sent home reminder letters for any students missing immunizations. Students can be excluded from school for non compliance if immunizations are not up to date. Tdap is a sixth grade requirement and all students MUST receive the vaccine as prescribed by their pediatrician. Varivax (chicken pox) is

a two dose vaccination and all sixth grade students must have received the two doses by this time. Meningitis is required for all students in seventh grade. Please consult your pediatrician for these updates. Please send in these records as soon as possible so your child's health record can be brought up to date.

Lice are a subject that I do not like to discuss but it is necessary. Through the years, pediculosis capitis has become resistant to the medications that have been used to treat lice. There are clinics now that are quite helpful in identifying and treating the situation. PLEASE reinforce to your child the importance of NOT sharing ANY head gear and keeping all personal clothing items (jackets, sweaters, coats, etc.) in the back pack or separate plastic bag. If your daughter has long hair, PLEASE TIE THE HAIR BACK IN A PONY TAIL, PUT THE HAIR IN BRAIDS, ON TOP OF THE HEAD, OR ANY HAIR STYLE so the hair is not blowing freely in the wind. I highly recommend that children do not bring in stuffed animals and allow their classmates to play with the furry critters. Lice are passed from child to child by head to head contact. If you have ANY concerns please give me a call.

Flu season is already upon us believe it or not. Please check with your doctor for availability of the vaccine. If you have a child that is compromised by health issues, please talk to your pediatrician and consider getting the vaccination.

If your child needs to take medication during school hours please let me know. There is protocol involved with medication dispensation during school hours. If your child is on a particular medication at home please notify me so that I can observe for any side effects or adverse reaction. NO MEDICATION can be given in school unless accompanied by a doctor's note. This also includes any over the counter medication. THANK YOU.

Food allergies are becoming more prevalent in the school age child population. In some cases it can be life threatening to a child. There are several students here at St. Mary that have these life threatening allergies and would require the use of epinephrine if contact with the allergen occurs. PLEASE be aware of the students in your child's classroom. If you ever have ANY questions about sending in a particular food item for a classroom celebration please give me a call. I appreciate your cooperation in this important matter.

I look forward to a safe year here at St. Mary School. If you ever have ANY health concerns, please contact me.

Respectfully,
Stephanie K. Psomas RN