

**FORT LEE SCHOOL DISTRICT  
FORT LEE, NEW JERSEY  
HEALTH LETTER AND BULLETIN TO PARENTS  
FORM 02-D-14**

**Dear Parent / Guardian:**

We strongly advise that you take a few minutes each morning to check your child's health before he/she leaves for school. It should be remembered that a student cannot function properly in a classroom situation if he/she is not feeling well. The following are a few suggestions, which will help to guide you. If there are any questions please consult with the school nurse.

**REASONS FOR KEEPING YOUR CHILD AT HOME**

1. **Illness during the night.**
2. **FEVER of 100 degrees or more. YOUR CHILD MUST BE KEPT HOME FOR 24 HOURS AFTER THE TEMPERATURE RETURNS TO NORMAL.**
3. **Complaints of nausea, headache, or abdominal distress.**
4. **Vomiting the night before or in the morning before school**
5. **Symptoms of communicable disease (including but not limited to: cough, sore throat, "red" eyes, swollen glands, rash, or runny nose).**

**KINDLY NOTIFY SCHOOL**

1. **Elementary/Middle Schools: Contact the school nurse/teacher for an absence of a child before 9 a.m.**
2. **High School: Contact the Attendance Office at (201) 585 – 4675 Ext: 6503, for an absence of a child before 8 a.m. (An answering machine will take calls prior to the start of the day).**
3. **High School: Contact the Attendance Office for Late Arrival and Early Dismissal. Parent(s) must come in to sign their child out.**
4. **If hospitalization of child becomes necessary. Medical clearance must be obtained prior to student returning to school.**
5. **If school insurance forms are needed.**
6. **If home tutoring is needed. This must be approved by the Fort Lee School District Medical Director after application submitted by student's treating physician.**
7. **If communicable disease is present. Medical clearance must be obtained prior to student returning to school.**
8. **When your telephone number has changed.**
9. **When you change your place of employment, further information is essential if emergency contact becomes necessary.**
10. **When you change your emergency person to be contacted in your absence.**

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11. When your child is required to use crutches and/or a wheel chair during the school day. Medical clearance must be obtained prior to student returning to school.

**MEDICATION IN SCHOOL**

Medication administration in school will only be permitted when the student's health and continuing attendance in school so require, **AND WHEN THE MEDICATION IS PRESCRIBED BY A PHYSICIAN.**

**NO MEDICATION** will be administered to students in school except by the school nurse/teacher or the student's parent.

All medication must be delivered to the school nurse/teacher in its **ORIGINAL LABELED CONTAINER** and must be accompanied by a physician's written and signed statement of:

1. Reason for medication
2. Name of medication
3. Dose to be given
4. Time to be given
5. Date when medication is to be discontinued
6. Possible side effects

**A FORM CONVENIENT FOR THESE PURPOSES IS AVAILABLE FROM THE SCHOOL NURSE/TEACHER AND ONLINE.**

**CHICKEN POX:**

Children who have chicken pox must remain at home for 7 – 10 days, until all lesions have scabs and are dry. A note from the physician is necessary for re-entry into school.

**COLD:**

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All children who have colds, coughs, or sore throats should remain at home until the runny nose, cough, and soreness have cleared up, and they have no fever for 24 hours.

**CONJUNCTIVITIS (Pink Eye):**

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All students with itchy, reddened, draining, or crusted eyes must remain home until they are on a prescribed medication for at least 24 hours. A note from the physician is necessary for re-entry into school.

**HEAD LICE:**

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Children who have head lice must remain at home until they have used a lice shampoo and are found to be completely free of nits (eggs) by the school nurse/teacher, upon reentry.

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**IMPETIGO, SCABIES:** Children who have impetigo or scabies must remain home until they have been seen by a physician and are on prescribed medication for at least 24 hours. A note from the physician is necessary for re-entry into school.

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**MEASLES, RUBELLA:** Children who have been diagnosed by a physician as having either of these diseases, must notify the school nurse/teacher immediately and physician documentation must be supplied.

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**MUMPS:** Children who have mumps must remain home at least 7 days to allow swelling to disappear and physician documentation must be supplied.

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**POISON IVY/ OAK/SUMAC:** Although not contagious, children should remain at home until comfortable and able to resume school schedule.

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**STREP THROAT, SCARLET FEVER:** Children, who have strep throat or scarlet fever, must remain home until they have been on antibiotics for at least 24 hours. Physician documentation must be supplied.

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