

HEALTH SERVICES



A child must be healthy to learn and learn to be healthy. The school setting offers unique opportunities for children to learn healthy behaviors through education and to receive easily accessible, comprehensive health services.

The Role of the School Nurse

Home

A liaison between home and school
Regarding health concerns:

Takes health histories
Assess short and long-term illness
Participates in Parent-Nurse conferences
Provides information for community resources
Involves self with parent groups
Provides promotional activities for health care

Community

Acts as a liaison between home, school,
health care provider and community resources

Make referrals to appropriate community
agencies

Participates in professional conferences
Serves as a resource person for community
agencies
Is a member of community multidisciplinary teams

Provides expertise as a liaison to community
service organizations

Serves as a liaison for recording and reporting
child abuse to the Massachusetts Department of Social Services

School

Conducts health screenings:
Vision
Hearing
Scoliosis

Nursing assessment for growth,
health & development
Others screenings as needed

Provides emergency first aid

Evaluates and assesses health needs of
students

Provides Health Counseling:
Chronic Illness
Nutrition
Disease prevention
Positive lifestyles

Implements and monitors compliance with state immunization laws

Education team member:
Interprets medical data
Writes objectives for the health component of
Individualized Health Plans and 504 plans
Promotes wellness activities

Resource person
Detect, plan, treat, refer and follow-up on the
Health problems interfering with children's learning

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Medical and health services

School Medical Services are designated to protect the student's health and to enable each student to reach and maintain the highest possible state of well-being for effective learning

Medication Policy

To insure the health and safety of the students needing medication in school, the following procedure must be followed:

- Prescription medication must come in the original bottle with a prescription label showing the student's name, medication, doctor's name and instructions. A physician's medication form must be completed for each medication by the physician.
- The parent or guardian provides written permission to the school nurse. Permission forms are available from the school nurse or on line. All medication must be delivered by a parent or responsible adult.
- Specific over-the-counter medications can be administered by the school nurse, only with the written permission of the parent, under the standing orders of the school physician, following established protocols. This form can be obtained in the nurse's office or on line.
- All orders or permission for medications must be renewed at the beginning of each school year
- In the case where a student may self administer, the parent and physician must indicate this on the permission form. Self administration will be at the nurse's discretion.
- At the end of the school year or when a student leaves the system, a parent must pick up any remaining medication or the medication will be discarded

Sports Physicals

All students must have proof of a physical examination, done by the student's primary care provider within 13 months of the beginning of the sport season in which the student is participating. A report of this physical examination must be on file in the nurse's office.

School Health Records

- Medical status and changes regarding student's health should be shared with the school nurse on a routine basis.
- Physical Examinations are required for students entering kindergarten, fourth, seventh, and tenth grade. The physical must be dated within 6 months of entry to the grade or within the six months following entry. Routine physical examination forms can be obtained from the school nurse or on line. They should be completed by a licensed practitioner and returned to the school nurse to be retained in the student's health record.

School Entrance Requirements

New students entering the school system must present the following information:

- Transfer students must have a current physical examination (within six months of entry or six months after entry).
- Proof of completed immunizations.
- Lead screening and eye exam – prior to entering Kindergarten
- Immunizations can be waived for medical or religious reasons. A letter from the student's primary care provider for medical reasons or from the parent for religious exemption must be provided to the school and updated yearly

Mandated Screenings

Height and weight screenings are done yearly and BMI's (body mass index) are computed for each student.

Vision and hearing screenings are performed yearly through grade five and then in seventh and ninth grade

Scoliosis(Postural) screening is done yearly on all students in grades five through nine

Parents are notified when follow-up is required.

Emergency Illness or Injury

In case of a sudden accident or illness during school hours, a student will be dismissed to the parents or another adult designated by the parent. The school is responsible for providing appropriate care to the student until the parent arrives. It is essential that the school be provided with updated emergency contact information. A contact information form may be obtained from the nurse's office or on line. In the event that a student is in need of immediate medical care, the school will arrange for transportation to the hospital for treatment. When necessary, contact the school nurse for assistance when the student returns to school

Guidelines for minor illnesses

Fevers are generally signs of infection or illness. Oral or rectal temperature of 100 F or higher is considered a fever. In most mild, 2-5 day childhood illnesses, fever is lowest in the morning, rises in the afternoon, and is highest in the evening and night. As a child begins to recover, morning temperature may be normal with fever still present later in the day.

CHILDREN SHOULD BE KEPT HOME FROM SCHOOL IF THEIR TEMPERATURE IS 100 F OR HIGHER AND SHOULD NOT RETURN TO SCHOOL UNTIL THEY HAVE NOT HAD A FEVER FOR AT LEAST 24 HOURS AND THEIR APPETITE AND ACTIVITY LEVEL HAS RETURNED TO NORMAL.

If other symptoms such as cough, nasal congestion, stomachache, vomiting, or diarrhea are present, the child should remain home for an additional day(s).

Any child who presents in the nurse's office with a temperature of 100 F or higher will be dismissed from school based on assessment by the school nurse. A child who presents with a low-grade fever and is exhibiting other symptoms, may be dismissed from school based on the school nurse's assessment. A child dismissed from school with a fever may need to stay home from school the following day.

Special Needs

In accordance with Chapter 766 and Public Law 94-142, Watertown will identify, evaluate, and provide program services to maximize integration of students with special needs into regular classes. Each school is staffed with at least one resource teacher who works as part of a team. The evaluation team can consist of the principal, teacher, psychologist, school adjustment counselor, school nurse, parent, and administrator of special education services. Preschool and kindergarten screenings are conducted annually for the purpose of identifying students who may need more complete evaluations.

Watertown has additional programs to meet the needs of students: (1) preschool programs for children with specific needs; (2) intermediate and high school level programs; (3) home/hospital tutoring; (4) collaborative programs with Belmont and Arlington for school-age, severely disabled children; (5) collaborative programs with the EDCO communities; and (6) an in-house psycho-therapeutic counseling program. Services may also include speech/language and physical/occupational therapy as well as other required support services from a vision specialist, oral, or signing interpreter. All of these programs are provided to maximize the potential of each student. Parent involvement is a necessity when planning services for children.

Transportation, if necessary, is provided by the School Department. For more information, contact your school principal, guidance counselor, and/or the Office of Special Education Services at 617 926-7766.