

Dear Parent,

Listed below are services and procedures that will effect to your child. Please feel free to contact your child's School Nurse with any questions or concerns.

## **Pennsylvania Mandated Health Services**

The Pennsylvania Department of Health and PA School Code require the following health screenings and examinations for the grade levels shown below and that all school districts must provide/offer these health services:

### **SCREENINGS** (performed by school nurses.)



#### **Vision – ALL grades every year**

This includes near vision and far vision test for every student every year, and a depth perception, color deficiency, and a PLUS lens tests performed once between grades K to 3<sup>rd</sup>



#### **Height , Weight & BMI – ALL grades every year**

Due to increased overweight issues among children across the nation and the increased health problems associated with weight, the Pennsylvania Department of Health has mandated BMI (basal metabolic index) screenings also. Parents are notified regarding of the findings.



#### **Hearing – K (or first entering), 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 7<sup>th</sup>, & 11<sup>th</sup> grades**

A child with a known hearing difficulty will be screened every year. For any child failing a hearing screen, an attempt will be made to test again before results are sent to the parent to rule out a brief cold or infection affecting the hearing.



#### **Scoliosis – 6<sup>th</sup> & 7<sup>th</sup> grade**

Sixth grade students are screened at the time of the mandated 6<sup>th</sup> grade physical exam. If scoliosis is suspected, parents will be notified.

### **EXAMINATIONS** (performed by school or personal physicians)

Private Physical and Dental Forms are given/mailed to parents the year prior to the mandated grade. Additional forms may be obtained from the nurse or at "[Documents/Forms](#)".

It is recommended that examinations be done by your family physician/dentist since he can best evaluate your child's health. Please understand that private examinations are done at your expense. Completed Private reports are to be returned directly to the school nurse, as soon as possible, but preferably by September 30th.

Before a school physical or dental exam can be performed, written parental permission must be on record. This is done on entry into school (at any grade level), when parents are asked to complete an intent form to indicate their desire for private or school exams. These forms are valid Kindergarten thru 12<sup>th</sup> grade, but may be upgraded upon entry into Jr-Sr. High School.



**Medical Examinations - K (or first entering) or 1<sup>st</sup>, 6<sup>th</sup> & 11<sup>th</sup> grades**- Examinations performed as early as one year prior to the designated grade may be accepted.

Sports physicals can be accepted as the mandated 11<sup>th</sup> grade physical. However, as all sports physicals are kept by the Athletic Director or Athletic Trainer, you will need to make a copy of it to give to the school nurse for her records.

**Dental Examinations - K (or first entering) or 1<sup>st</sup>, 3<sup>rd</sup> & 7<sup>th</sup> grades**- Examinations performed as early as one year prior to the designated grade may be accepted.



# **MEDICATION POLICY AND PROCEDURES**



## **General policy**

- All Nurses in the State of Pennsylvania are required to have written authorization from a physician before being permitted to administer ANY medication. This includes ALL over-the-counter medication. In addition, School Nurses are required to have written Parental permission before administering any medication.
- Any medication to be given during school hours must be delivered directly to the school nurse or the nurse designee.
- It is the parent's responsibility to cut tablets and bring the correct dosage to school. Tablets will not be cut in school.
- ALL medication will be kept locked in the nurse's office except for students permitted by their physician to carry an inhaler for asthma.
- According to law, medication may be given up to 60 min. before or 60 min. after the time ordered.
- Any student carrying pills on their person without permission is subject to the District's Drug and Alcohol Discipline procedure.

## **Prescription Medications**

- Parents should confer with the child's physician to arrange prescription medication time intervals to avoid schools hours whenever possible. When medication absolutely must be given during school hours, certain procedures need to be followed. **Failure to follow the guidelines will result in your child not receiving prescribed medication.** These guidelines apply to all children K-12.
- The physician must **clearly** complete [Section 1 of the Medication Form](#) and a parent/guardian must sign [Section 2](#) at the bottom of the consent form (Side A). See "[Documents/Forms](#)"
- In addition, if a child uses an inhaler, [\(Side B\) of the Medication form](#) must be completed by the student, parent and physician.
- **The first dose of any medication must be given at home.**
- The physician must specify **ALL** of the following so that the medication can be administered safely to your child: Reason for the medication, Name of medication, Specific dose, Frequency, Start and End dates and possible side effects.
- The medication must be brought to school in the original pharmaceutically dispensed and properly labeled container Medications sent in plastic containers, envelopes or plastic bags, etc., will not be given.
- A log is kept for any child receiving prescription medication during school hours.

## **Non-Prescription Medications**

- The School Physician has given permission for the School Nurses or Nurse Designee to administer select "over-the-counter" medications on as needed basis and only under certain conditions. These are referred to as "Standing Orders".
- A full description of the "Standing Orders" are on the Student Emergency Information Form.
- The administration of these medicatons will not be indiscriminately dispensed.
- A completed Student Emergency Information Form must be on file in the nurse's office before any "Standing Order" will be given. See "[Documents/Forms](#)"

## **PHYSICAL EDUCATION EXCUSES**



Physical education is an important part of your child's educational experience. The goal of the P.E. program is based on state standards which are geared to allow the student to engage in a variety of physical activities that are developmentally appropriate and contribute to their health and physical fitness. All students are to participate in physical education unless exempted or excused by their personal physician or surgeon.

### **EXCUSES FOR PHYSICAL EDUCATION**

- All PE excuses are to be brought to the school nurse to be entered into the child's health record.
- The physical education department will accept one excuse from a parent or nurse. The excuse may cover only one day for the entire current school year.
- A doctor's excuse is necessary to excuse a student from participation in class for more than 1 class.
- An adaptive physical excuse must be completed by a physician if a student has limitations for an extended time. Adaptive Forms are given by the school nurse and additionally may be obtained at ["Documents/Forms"](#)
- Any student in a cast, splint, or using orthopedic devices must have a doctor's note stating limitations.
- A student returning to class after a cast or splint removal must have a doctor's note stating when they may return to normal activity.