

# Vernon Public Schools Health Room

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Vernon, CT 06066

## Health Services Department

Dear Parents/Guardians:

Welcome to Vernon Public School Health Services.

All schools in Vernon Public Schools are peanut and nut-safe except for home lunches eaten in the cafeteria. Peanut and nut-products may only be consumed in the cafeteria. Parents and guardians are asked to send in classroom snacks that do not contain peanuts or nuts and that the selection is not from a factory that process nuts or peanuts. All elementary schools have a recommended snack list.

Students participating in the ABL and Family and Consumer Science Programs at RHS and VCMS may be exposed to peanuts and nut containing products as part of their course work. Students will be required to wash their hands when leaving the ABL and Family and Consumer Science classrooms if they have come in contact with any peanut or nut-containing foods. Food prepared with peanuts and nut containing products will need to be consumed in the ABL and Family and Consumer Science classrooms.

Peanut and nut-safe areas include all classrooms, the library, Computer Lab, Art, Music, Gym, Auditorium and Stage area etc. Organizations using school facilities shall adhere to this procedure.

Latex-free products should be used whenever possible. Classrooms should try to avoid using latex products when possible. Latex balloons that are not part of classroom course work are prohibited from inside the building. Mylar balloons are acceptable.

We would also like to take this opportunity to inform you of the various health screenings conducted in our schools. Vision and hearing are done in the fall and postural screening is done during spring each year. Early detection and early intervention are important for vision and hearing. Connecticut statutes and regulations mandate screening in these important areas as well as postural screenings.

- Vision and hearing screenings are done annually in kindergarten, grade one and grades three to five inclusive.
- Postural screening is done annually in grades five and seven for females and in grade nine for males.

Vision screens involve testing for visual acuity by having the student look at an eye chart. Hearing screens involve using headphones and an audiometer to see if the student can hear certain tones. Postural screens involve having the student bend from the waist and the screener look for curvature of the spine. All screens are done on an individual basis.

These screenings are also provided on an individual basis for a student in any grade level who is referred by a parent/guardian, teacher or physician. If a visual, hearing or postural discrepancy is found, parents/guardians will be notified by the school nurse.

### **Medication at School:**

The State of Connecticut Department of Public Health has set firm guidelines regarding medication administration at school. If you are unable to schedule the medication around school hours and your child needs to receive medication during school hours, the school nurse must receive written

authorization from you and your doctor. The pharmacy labeled container of medication must be delivered to the school nurse by an adult – Not by the student. Contact your school nurse if you need the authorization form.

See the Permission for Administration of Non-Prescription Medications Form. This is to allow the school nurse to administer medications according to the District's Standing Orders as per our Medical Advisor with parent/guardian permission.

The Attached is the Permission Form for the Administration of Non-Prescription Medication per the District's Standing Orders from our Medical Advisor. Please sign if you wish your student to receive any of these medications. These orders cannot be altered. Return to your school nurse immediately. All other Non-Prescription medication requires written authorization from you and your student's doctor on the State form. All Medication must be in your student's original, pharmacy-labeled container or a sealed over-the-counter container.

Public Act 14-176 now allows for the administration of life-saving Epinephrine for students experiencing anaphylaxis, even if the student does not have parental/guardian authorization or an order of a qualified medical professional. Only in the absence of the school nurse, the administration of epinephrine may be done by qualified school personnel who have completed the required annual training.

Please notify your school nurse in writing annually if you do not wish your child to receive epinephrine as emergency first aid by qualified school personnel in the absence of a school nurse.

Please consult our website for information regarding lice, sick day guidelines and other information from the Health Room. All Health Office documents and forms may be accessed on the District's website at <https://www.vernonpublicschools.org/departments/health-nurses-office>.

If your child has special health needs, please contact your school nurse so that an Individual Health Care Plan and/or Emergency Care Plan may be put into place. Those students in need of a Food Allergy Management Plan may access the town plan on the District's Website under Health/School Nurse's Office.

### **School Physicals:**

All students entering Kindergarten, Grade 7 and Grade 11 in August 2023 need a current health assessment (not a sport's physical) done twelve months prior to their first day of school.

All students new to our District also need a health assessment done twelve months prior to their first day of school.

If you have any questions or concerns please contact your school nurse.

Thank you.

### **Vernon School Nurses**