

*B. F. Gibbs
Elementary School
Health Office*



General Guidelines

The following information may be helpful to you and your child to help maintain a healthy school environment. Please call the school nurse at 201-261-0939 if you have any questions. If you need assistance with medical or dental care for which you are under-insured, please contact the nurse for information regarding the available community resources.

Communicable Illness – Please call the nurse or send a note to school any time your child has a condition which is contagious (Covid-19 strep throat, chicken pox, skin rashes, pink eye). This will help us to more quickly recognize and limit the spread of illness.

Birthday treats/Celebrations – An approved list will be sent home by mail during the summer.

Phone Numbers – Our main number is 201-261-0939. Press number 1 for the attendance line or number 4 to reach the nurse.

Medications – If needed during the school day, medications can be given if the proper forms are filled out and signed by the parent and by the physician. Please contact the school nurse if your child may need medication in school.

Daily routine – Children learn best when they are well rested and well nourished. An established “school night” bedtime will ensure adequate sleep. Please, do not allow your child to skip breakfast.

Clothing choices – Dress your child in comfortable clothing that he/she can get on and off independently to make bathroom visits easier. Remember the children are active in school, in the gym, and on the playground. Sturdy shoes or sneakers are a better choice than sandals or boots, and , please no flip-flops.

Attendance

Each time your child will be absent from school, we ask that you call to let us know the reason for the absence. Please **call the attendance line**, to report an absence. When you call to report an absence, leave your child's name, reason for absence, and his/her teacher's name. We ask that you send in a note when your child returns to school.

An excused absence will not affect your child's attendance record. Excused absences include illnesses, medical appointments **with a doctor's note**, board approved religious holidays, a death in the family, or if the nurse sends your child home because of illness. All other absences are unexcused.

If your child has a chronic medical condition, which results in frequent absences, you may obtain a doctor's note stating this. Absences for disease related illnesses will then be excused. Even in the case of chronic or extended illness, **please call the attendance office** and indicate the reason for each absence. The physician note for chronic conditions will be valid for one school year only.

The district's attendance policy requires that schools must notify parents in writing when absences or tardies are excessive. We realize that most of young children will experience some illnesses throughout the school year, and that some absences will be unavoidable. Please understand the intent of a letter sent home is to address avoidable absences, such as family vacations.

When to Keep Your Child Home

When is my child too sick to attend school? This is one of the most frequently asked questions, especially during the winter months. Here are some general guidelines to assist you. In addition, please feel free to call the nurse at 201-261-0939 (option 4) to discuss any health concerns. Keep your child home if he/she has any of the following:

Fever of 100.0 degrees or higher. Your child should not return to school until fever free without Tylenol or Motrin for 24 hours.

Colds – A child may attend with a mild cold or stuffy nose. However, your child should not be in school if the cold is accompanied by fever, earache, sore throat, headache, or severe cough. Keep your child home if he/she has a runny nose that is continuous and the child cannot control secretions.

Vomiting/Diarrhea – Your child should not return to school until they are free of vomiting and/or diarrhea for at least a day..

Reddened eyes with discharge. Call your doctor and follow recommendations as this may be conjunctivitis (pink-eye).

Rash that is new or unexplained. Rash must be gone or have a doctor's note stating your child is not contagious before returning to school.

Any **communicable illness** such as strep throat or chicken pox. Please be sure your child returns with a doctor's note stating he/she may return to school.