

OSSINING UNION FREE SCHOOL DISTRICT

Office of the Superintendent

Board of Education

Administrative Office
400 Executive Blvd.
Ossining, NY 10562
914-941-7700

School Physician

Eric Small, MD, FAAP

Director of Health and Athletics

Jim Dennett
914-762-5760, Ext. 2359

Health Services of the Ossining School District
Revised May 2018

Dear Parents and/or Guardians,

We hope this booklet will help you make the best use of our School Health Services.

Boards of Education are corporate bodies authorized to conduct screening procedures and give First Aid through their Health Services. Registered professional nurses and the school physician are available to work with you to maintain your child at his/her highest level of wellness.

Please visit the Ossining UFSD website, Departments – Health Services, for valuable information and all needed medical forms. www.OssiningUFSD.org

Please keep us up to date on any allergies, medical conditions, and health concerns your child may have, as well as changes in phone numbers or contact information.

Park School Nurse/Health Office – 914-762-5850 Ext. 6304

Brookside Elementary School Nurse/Health Office – 914-762-5780 Ext. 5304

Claremont Elementary School Nurse/Health Office – 914-762-5830 Ext. 4304

Roosevelt School Nurse/Health Office – 914-762-2682 Ext. 1304

Anne M. Dorner Middle School Nurse/Health Office – 914-762-5740 Ext. 3304

Ossining High School Nurse/Health Office – 914-762-5760 Ext. 2304

ATTENDANCE

Although we hope your child will not miss a single day of school, there are times when it is best for your child, and the other students as well, that he/she remain at home.

The following are signs and symptoms that indicate your child should be kept out of school until they are gone or have received medical attention:

- Temperature of 100 degrees or greater (until 24 hours after the temperature returns to normal without the use of medication).
- Strep Throat or Scarlet Fever (until treated with antibiotics x 24 hours and fever free)
- Bacterial Conjunctivitis (Pinkeye) (until treated with antibiotic eye drops x 24 hours)
- Impetigo (until treated with antibiotics x 24 hours)
- Untreated nits or lice in the hair
- Severe cold symptoms – excessive sneezing, coughing, runny nose, etc.
- Nausea, Vomiting, or Diarrhea
- Rash or open lesions on any body part
- Severe earache, toothache, or headache
- Pain or limitation of movement from an injury

Your child's teacher(s) and the school nurse will be observing your child for the same symptoms during the school day. If any appear, you will be notified and requested to take your child home

Naturally, seeing that your child gets enough sleep, exercise, wears the proper clothing for the weather, starts the day with a good breakfast, eats healthy food, and has regular medical and dental exams, can prevent a lot of the above.

The Education Law of New York State considers the following as being legal absences from school:

1. Sickness.
2. Sickness/death in the family.
3. Religious observance.
4. Court appearance.
5. Remedial health program treatment (medical appointment).

If your child is to be absent, you must notify the school office/attendance office as soon as possible. For illness related absences of 3 or more days, we request that you send in a doctor's note upon return to school.

In the event of prolonged absence due to illness or injury, please contact your child's School Nurse. In the event of prolonged absence due to other reasons, please contact your child's School principal for appropriate follow up. In Ossining High School, contact the Health and Guidance Offices.

If you wish to have your child excused from class for a doctor or dentist appointment, or, for any other reason, a written request, signed by you, the parent/guardian must be presented. The parent/guardian must sign the student out of school before taking the child. It is urged, however, that you make your appointments outside school hours to lessen interruption of your child's education.

Physical Education is required by law for every child and is an important part of the school program. A note from a parent excuses a child from one period only.

After that, a written note from a physician must be presented with a statement of your child's diagnosis, activity restrictions, and for how long restrictions are required. The nurse will not write a note for the physical education teacher to excuse a student from class on a continued basis unless the limitation/restriction is documented by the child's physician.

PHYSICAL EXAMINATION

Legislative Background

Education Law Article 19 and Regulations of the Commissioner of Education (8 NYCRR) require physical examinations of public school students:

- Entering the school district for the first time, and in grades pre-K or K, 1, 3, 5, 7, 9, and 11; and at any grade level by school administration, in their discretion to promote the educational interests of the student (8 NYCRR 136.3[b]);
- in order to participate in strenuous physical activity, such as interscholastic athletics (8 NYCRR §§135.4 and 136.3(a)(8));
- in order to obtain an employment certificate (Education Law §3217); and
- when conducting an individual evaluation or reevaluation of a student suspected of having a disability or a student with a disability (8 NYCRR §200.4 [b]).

Commissioner's Regulation 136.3 requires that each student submit a health certificate documenting a health examination performed by the student's primary medical provider.

A health examination performed by the school medical director is a health appraisal. Each certificate or appraisal shall be signed by a duly licensed physician, physician assistant, or nurse practitioner, who is authorized by law to practice in the state of New York (NYS) or in the jurisdiction in which the examination was given, provided that the commissioner has determined that such jurisdiction has standards of licensure comparable to those of New York.

Health Certificates (Examination performed by private medical provider)

A health certificate is the written document that is completed by a private medical provider following a complete history and physical examination. Each such certificate or appraisal shall describe the condition of the student when the examination was made, which shall not be more than twelve months prior to the commencement of the school year in which the examination is required, and shall state whether such student is in a fit condition of health to permit his or her attendance at the public schools (Education Law Article 19 §903). Ideally the documentation of such an exam should be completed on the form provided by the district to the parent/guardian. However, private office or clinic forms are acceptable, as long as they include all essential information.

Naturally, the exam is best done by your family Health Care Provider, who knows your child. Where this is not possible, the school physician will do so. This will be a screening procedure only, and not a diagnostic examination. When any condition is found which needs further attention, parents will be notified. A form will be provided to be filled out by your family doctor. The school physician may not treat any condition or illness in school, except as a private physician.

The completed physical examination form by your family doctor should be returned to school at the earliest opportunity.

SCREENING REQUIRMENTS

Article 19 of the New York State Education Law requires that students receive vision, hearing, and scoliosis screenings as part of the school health services provided by each school district.

https://www.schoolhealthny.com/cms/lib/NY01832015/Centricity/Domain/88/NYS_NYCScreen_ExamReq2018.pdf

These are purely screenings and not diagnostic evaluations. If there appears to be a problem with any of the above, you will be notified and advised that the student should be seen by a professional examiner. A form will be provided. This should be filled out by the examiner and returned to the school nurse.

SPORTS PHYSICALS/PARTICIPATION

Registration for interscholastic sports is done online through Family ID. To be cleared to participate, a current physical exam (done within 12 months of the start of the sports season) must be on file with the school nurse. Family ID will be available 1 month prior to the start of each sports season. Any illness or injury which will impact participation will be referred to your private health care provider or the school physician for clarification.

IMMUNIZATIONS

New York State immunization requirements are consistent with the most current childhood and adolescent immunization recommendations made by the Advisory Committee on Immunization Practices (ACIP). These requirements will lead to a reduction in the incidence of vaccine preventable diseases and an increase in the safe use of vaccines.

PHL 2164 and the regulations of the Commissioner of Health, 10NYCRR §66-1, define terms and immunization requirements for admission into pre K-12 schools. A chart of current immunization requirements for school attendance is available at:
<http://www.nyhealth.gov/publications/2370.pdf>

Commissioner's Regulation 10NYCRR 66-1.3 permits exemptions to immunization requirements for medical or religious reasons only.

Medical Exemptions

A student may continue to attend school without the required immunizations if they have a medical exemption. A medical exemption is a written statement/form from NYSDOH (<http://www.health.ny.gov/forms/doh-5077.pdf>), completed and signed by a physician licensed to practice medicine in NYS certifying that the immunization may be detrimental to the child's health. It must contain sufficient information to identify a medical contraindication to a specific immunization, and specifying the length of time the immunization is medically contraindicated. The principal or designee may require additional information supporting the exemption. A medical exemption must be reissued annually. [10NYCRR 66-1.3(c)]

Religious Exemptions

Parent/guardians who have religious reasons for not immunizing their child may file for a religious exemption by submitting a written, signed, and notarized statement. The statement should be sent to the Superintendent's office for acceptance of religious exemption. Additional or supporting documentation may be requested.

LEAD SCREENING

Health Care regulations require that all children be tested for lead during their 1 and 2 year old well child physical examinations.

NYS Public Health Law Article 13, Title 10, Section 1370 – 1376-A states that:

- Prior to or within 3 months of initial enrollment, schools are required to obtain from the pre-school child's parent or guardian, proof that the child has had a blood lead test.

LEAD POISONING INFORMATION

- Lead is an element that has no useful purpose in the body and is known to cause harmful effects.
- The likelihood that lead will cause harmful effects and the nature of these effects is related to the extent and duration of exposure.

When your doctor gives you the results of your blood test, use the following chart. It will help explain what the numbers mean.

If your doctor tells you that the results are...	You should...
0-9 micrograms per deciliter (ug/dl)	Continue routine testing. Not considered lead poisoning.
10 - 14 ug/dl	Rescreen frequently and consult with your doctor about prevention measures.
15-19 ug/dk	Obtain a medical checkup, determine the lead source, and seek advice about proper diet. Children may need medical treatment (chelation).
Above 44 ug/dk	Get immediate care. Considered serious lead poisoning.

RISK FACTORS FOR LEAD POISONING:

- Exposure to contaminated dust, soil, and water.
- Living in housing built prior to 1950.
- Poverty, race and ethnicity.
- Occupational exposure of the parent. Jobs involving exposure to lead are: refinishing furniture, welding, battery recycling, construction & pottery making.
- Exposure to parental hobbies that use leaded products. Loading ammunition, stained glass, fishing sinkers etc.
- Exposure to folk remedies such as pay-loo-ah, greta, azarcon, bali gola, coral and several others.

LEAD POISONING PREVENTION TIPS FOR PARENTS:

- Use unleaded paints in the home, on furniture and children's toys.
- Wash your child's hands frequently. Dirt tracked into the home may contain lead. Young children do a lot of hand to mouth activity and will decrease exposure with clean hands.
- Encourage a diet adequate in calcium, iron and vitamin C. Lead is less likely to be absorbed if the intake of these vitamins and minerals is adequate.
- Know your child's blood lead level.

SEVERE/LIFE THREATENING ALLERGIES

The Ossining School District is an Allergy Aware School District. Many preventative measures are in place to deal with severe/life threatening allergies (i.e. food, latex, insect stings, etc). Students diagnosed with life threatening allergies require planned care and support during the school day and during school sponsored activities. We have action plans and individualized healthcare plans to address this issue. All buildings have professional nurses prepared to deal with emergencies in conjunction with support from school staff. Additional information can be obtained from your School Nurse and from the Ossining UFSD website, Departments – Health Services, www.OssiningUFSD.org.

TUBERCULOSIS

New York State Health Law highly recommends periodic tuberculosis testing on children. A recent TB test (within one year) is recommended for entry to all schools.

Tuberculosis Infection - usually results from close contact with someone who has the disease. The person experiences no symptoms and there are no organisms in sputum. However, there is a significant reaction to skin testing. Chest x-ray and prophylactic medication for 6- 12 months are the current treatment of choice.

Students taking medication in this case need not be excluded from school - they do not have the potential for transmitting the bacteria to others. A written statement from your physician, indicating treatment plan and release for school, must be presented for re-entry.

Tuberculosis disease is characterized by the appearance of symptoms, a significant reaction to skin testing and the presence of TB organisms in sputum. Students with the disease are excluded from school until at least two weeks of effective medication has been completed and any clinical symptoms have disappeared, or, as otherwise directed by your child's physician and the school physician.

COMMUNICABLE DISEASES

Childhood is a time when children are subject to many communicable illnesses. The list following may alert you to some possibilities and indicates the period when your child should be excluded from school.

Chicken Pox (Varicella) - until recovery, when all lesions are crusted and dry, usually 6 - 10 days and release by your family physician.

Elevated Temperature - until 24 hours after the temperature returns to normal, without the use of medication.

Strep Throat or Scarlet Fever - until a full 24 hours on medication, afebrile, and release by your family physician.

Infectious Hepatitis - until recovery and release by your family physician.

Whooping Cough (Pertussis) - in the older child, until at least seven days of antibiotic therapy and release by your family physician.

Mononucleosis - until release by your family physician

Fifth's Disease - not usually communicable once the characteristic rash appears. Unless symptoms warrant, children need not be excluded from school.

MEDICATION

Under provisions of the State Education Law and as outlined in the Nurse Practice Act, a school nurse, principals and other school personnel may not dispense medications to school children. In unusual circumstances, when it is necessary for a child to take medication during school hours, the school nurse, principal or designee may cooperate with the health care provider and parents. In order to do this, we must have the following completed:

1. Written authorization from the parent.
2. Written, signed orders from the physician or other healthcare provider.
3. The original prescription bottle of medication, or the original over the counter bottle, properly labeled as to its contents.

All medication must be supplied to the school health office by the parent/guardian.

Medication forms are available in the school health office(s) and Ossining UFSD website, Departments – Health Services, www.OssiningUFSD.org, which will help you in complying with the procedure required for medication administration.

FIRST AID

Children who become ill or injured in school should report to the health office. When needed, parents will be notified and become responsible for seeing that an injured or ill child gets home safely.

It is essential that the school be able to contact parents or other authorized adults in event of an emergency. Please provide the following information and keep updated as needed:

1. Home, cell, and work telephone numbers.
2. Names and telephone numbers of relatives, friends or neighbors authorized to act on your behalf.

SCHOOL BASED HEALTH CENTER(S)

In addition to School Nurses in every school building, we also have School-Based Health Centers (SBHC) located in some of our buildings. The SBHC is operated by Open Door Family Medical Centers. Health care is provided by a Nurse Practitioner under the supervision of a Physician Medical Director along with a Medical Assistant. Dental Care is also available in some buildings through Open Door. Together, School Nurses and SBHC's provide medical care and promote health in school so that students are ready to learn. Separate registration is necessary for students to utilize the School Based Health Center. Registration forms are available on the District website.

We hope you realize our interest in the health and education of your child. If he/she should need help during the school year, we have the following support services available through each school:

School Physician

School Nurse

School Psychologist

School Social Worker

Special Education Teachers

Speech and Language Teachers

Guidance Counselors

*Student Assistance Counselor

*Teen Pregnancy/Parenting Counselor

*At Ossining High School

If we work together, your child should have a happy, healthy,
and productive school career.