

HEALTH HAPPENINGS

By School Nurse, Jayne I. Alles, RN, CSN

HEALTH SCREENINGS

April 20, 2010

Health screenings continue throughout the school year. Hearing screenings and blood pressure screenings are almost complete for all grades. Scoliosis screenings of fourth and sixth grades will be completed the week of April 26th. Parents will only be notified if their child is deficient in any area. Deficiency letters will be mailed home.

KINDERGARTEN REGISTRATION April 21, 22, 23, 2010

Children who will be 5 years old before October 1, 2010 are now being registered for Kindergarten for the 2010-2011 school year. Appointments are necessary and can be made by calling the School Nurse, Jayne Alles at 973-293-7131, ext. 214. Please pick up a Kindergarten registration folder on the table in the school's outer lobby. All forms must be completed before coming in to register your child. Two forms of proof of Montague residency must be presented, one being a NJ State Driver's License. The other can be a NJ auto registration, utility bill, or a mortgage/lease agreement. Immunization records from newborn through pre-school should be brought. If your son or daughter has not had their 5 year old physical examination yet, please make an appointment with your child's physician as soon as possible and advise the school nurse of the date and time of the appointment. **No child will be permitted to attend school in September without documentation of a recent physical, i.e. within the last 6 months, as well as without all immunizations being up-to-date.** Religious and medical objections will be reviewed for complicity on a case by case basis. Please do not wait until the last minute (i.e. summer months) to get the physical and immunizations because appointments can be cancelled/postponed at the last minute and your child might not have what he/she needs for school entry.

IMMUNIZATION REQUIREMENTS FOR 11 YEAR OLDS ENTERING 6TH GRADE, IN A NJ SCHOOL, IN SEPTEMBER 2010

If your son or daughter will be 11 years old and entering 6th grade in September 2010, then he/she must receive the two (2) new immunization vaccines:

- 1 injection of meningitis vaccine, i.e. Menactra
- 1 injection of Tdap booster (unless your child has received a Tdap booster within the last 5 yrs. If this is the case, then your child's next booster will be required 5 years after the date of that last booster.)

ALL STUDENTS ATTENDING PORT JERVIS MIDDLE SCHOOL IN SEPTEMBER 2010 must have received one dose of Varicella vaccine against chicken pox, or have a physician's documentation showing a date when they had the chicken pox disease. A titer can also be done and presented to show immunity against the disease.

PRESCHOOL FLU VACCINE

According to NJ law, any child enrolled in a public school preschool must receive a seasonal influenza vaccine between September 1 and December 31 for each year enrolled. Please do not wait until December to make an appointment to get the vaccine. If a child becomes ill, the vaccine will not be given and if it is not given by December 31, the child will be excluded from school until the vaccine is given.

POISON IVY, POISON SUMAC, POISON OAK

As the weather becomes warmer, your children will want to be outdoors. Please familiarize your children with the 3 types of poisonous plants that abound all year round, but are most prevalent in the spring, summer and fall. Both poison ivy and poison oak have 3 leaves on a stem. **(Plants of 3, let them be.)** Poison oak leaves look just like the leaves of the oak tree, while poison ivy leaves are smooth edged. Poison sumac plants have approx. 7 leaves on a stem: 3 on either side with 1 at the top. All leaves are identical in color, size and shape. If your children do happen to get the poison ivy, oak or sumac rash, topical ointments and lotions containing hydrocortisone or calamine help to dry the rash and make it less itchy. Wash clothes thoroughly because if left on them, the oil of these plants will continue to cause a rash. The plant oil can also be brought indoors via pet fur. Only people allergic to the oil will actually get the rash.

CHILDHOOD OBESITY

Heights and weights have been measured on all children and BMIs (Body Mass Indexes) have been calculated. Parents whose children have BMIs that place them in the 95% or greater, have received letters addressing the concern of obesity. Now that the weather is becoming warmer, it is a perfect time to get your children out and moving. Childhood obesity is caused in part by a lack of exercise. Many children have been cooped up inside all winter so now is the perfect time to get them out and moving around. Families that play/exercise together not only have more fun, but statistics show that they have lower blood pressure and cholesterol readings, two things that go together with obesity and heart disease.