

NUTRITION PROGRAM

Studies have shown that students who eat a nutritious breakfast learn better in school. Both breakfast and lunch are offered at school. Menus are distributed once a month. Order forms are distributed to students at the beginning of each week for the following week.

Parents/guardians will receive a lunch survey at the beginning of the year. A survey form must be submitted for each child in the family. Forms should be completed promptly and returned to the child's homeroom teacher as soon as possible. Orders for lunch/milk are usually due in the school each Thursday morning by 9:00 a.m.

The School Wellness and Nutrition plan gives guidelines for all foods consumed by our students and staff, including those consumed at school sponsored programs, and those offered during class parties and celebrations.

ILLNESS

For the best interest of all children and in order to prevent the spread of communicable illness, your child should not come to school if *he or she* exhibits any of the following symptoms:

- Temperature over 100 degrees
- Vomiting
- Moist skin eruptions
- Inflamed and/or discharge from eye unless an allergy slip from your physician is on file
- Toothache
- Other pain
- Chills
- Skin rash
- Suspicion of scabies or head lice

HEAD LICE

Head lice (Pediculosis) continue to be a problem in all schools. Lice are highly communicable and difficult to prevent but if every parent/guardian takes the responsibility to check the entire family's hair and scalp often, these parasites can be controlled. Persistent head scratching and white specks on the hair shaft that will not move are the signs of infestation. Please notify the school nurse for treatment information and to have all school contacts examined. Students having head lice will not be allowed in school until effectively treated for the condition and checked by the school nurse.

SCABIES

Scabies is a common skin rash/infection caused by a tiny mite that lays its eggs under the skin. Symptoms include persistent itching, which results in

scratch marks and/or tiny pinpoint holes. If left untreated, sore scabs will develop. Usually, more than one family member will be affected. If your child has the above signs and symptoms, contact your family physician/pediatrician. **ALSO NOTIFY THE SCHOOL HEALTH OFFICE PROMPTLY.**

REMEMBER: head lice and scabies must be treated quickly!

MEDICATION ADMINISTRATION

No medication, either prescription or over-the-counter, will be administered to any student unless the medication authorization forms are completed by the parent/guardian and prescribing physician. Medication is administered by the school nurse. It is the parent/ guardian's responsibility to update the school nurse regarding new medical information and/or changes in existing medical conditions.

Medication in its original labeled container must be delivered to the health office by the parent/guardian. It must be accompanied by a written request from the parent/guardian for its administration. A physician's written, signed prescription indicating the name of the student, medication, purpose, dosage, times to dispense, possible side effects, and discontinue date **MUST** accompany **ALL** medication. **NO** medication will be dispensed without the above prescription. All medication will be secured by the school nurse.

Medication that is no longer required must be promptly removed by the parent/guardian. Students with asthma are permitted to carry their prescribed inhaled medication only with written approval of a parent/guardian and the required physician's prescription as outlined above.

HEALTH RECORDS

Health records including history and physical examination, immunizations, and screenings will be maintained in the health office. It is important that parent/guardian updates the health office with any change in a child's health status. The school nurse may provide the Administration and teaching staff information concerning a student's health condition as it pertains to the learning environment, and the student's best interest, with written consent by the student's parent/guardian.

PHYSICAL EXAMINATIONS

Physical examination from the child's family physician or pediatrician will be required for participation in some after-school programs. Physical exams should be performed a minimum of every two years during adolescence and are required for every student entering Montague Elementary School for the first time.

HEALTH SCREENINGS

Throughout the year, health screenings may include height, weight, hearing, blood pressure, and vision. New Jersey law requires that every child between 10 and 18 years of age be examined for scoliosis every two years. Prior to the screening, written notification/permission will be sent to the parents/guardians of all children to be screened. Students will be screened unless the school nurse receives written notice by the parent/guardian not to do so.

EXCUSED GYM ACTIVITY

A physician's note is required for any excuse from gym extending beyond one day. A parental note will be accepted for a one-day excuse only. Statements from students will not be accepted. All notes must be submitted to the health office. For safety reasons, earrings –as well as dangling jewelry of any kind - must be removed during gym class.

IMMUNIZATIONS

The list of immunizations required for school entrance is as follows:

- DPT: 4, with one after the 4th birthday or any 5.
- Polio: 3 with one after the 4th birthday or any 4.
- MMR: 2 with one on or after the 1st birthday and one on or after the 4th birthday.
- Varicella: 1 on or after the 1st birthday, or documentation of having had the disease.
- Hepatitis B: 3 within a six month period.
- TB: no earlier than 3 months prior to school entrance from certain other states and countries, including any inner-city area.
- Preschoolers: annual influenza vaccinations and a pneumococcal vaccine.
- Children born after 1/1/97 and enrolled in grade 6 or transferring to a NJ school from another state or country will be required to receive a booster dose of DTP vaccine as well as the meningococcal vaccine. These immunizations are recommended for every child between the ages of 11 and 18.

HOMEBOUND INSTRUCTION

Homebound instruction is provided to any student who, after 10 consecutive days of absence, remains under a doctor's care and has not been cleared to return to school. Circumstances such as prolonged illness, surgery, etc. will require a note signed by the treating physician. It is the parent/guardian's responsibility to submit the note to the Health Office. After the CSA's and school physician's approval, the parent/guardian will be notified by the homebound instructor for start date and times. A student's IEP, if applicable; will require revisions indicating homebound instruction. The Montague Board of Education reserves the right to amend policies procedures, and will provide notice of such to students and parents.