

## Highland Falls Fort Montgomery Central School District

From the very first day of school, your child's health will become a shared concern. Regardless of the building your child attends, all health policies are consistent across the district. Working together we can prepare your child for a successful and healthy school year.

### **ILLNESS**

Keep your child home if signs of illness are present

- Temp over 100°F
- Severe stomach/abdominal pain
- Nausea/vomiting, diarrhea
- Unexplained headache
- Persistent cough, sore throat, chest congestion
- Unexplained rash

Children must be free of fever, vomiting or diarrhea for 24 hours **without medication** and able to eat before returning to school. Students are considered contagious if they are still exhibiting symptoms. **Any Student absent three or more days, a doctor's note is recommended.**

### **MEDICATIONS IN SCHOOL**

If your child requires a rescue medication such as an inhaler or epipen, they are only allowed to carry the medication with them ***if they have written permission and attestation from the prescribing doctor, signed permission from the parent and the student demonstrates the ability to self administer the rescue medication. Only students in grades 7-12 can carry rescue medications with physician and parent permission.***

All other prescribed medications or over the counter (such as Tylenol, Motrin Advil etc) must have physician orders and signed parental consent forms. **This applies to over the counter medications as well. Medications are kept in the Med cabinet and cannot be transported back and forth, or via a student's backpack. If a medicine is ordered a parent or adult is required to drop it off to the School Nursing Office.** Students cannot carry any medications other than rescue medications.

***All doctor's orders must be renewed yearly.*** This applies to medication administration, as well as action plans for asthma, diabetes, seizures, or migraine management. **Please be sure to contact the prescribing physician over the summer to get new orders before the start of school.**

Please contact the nurse in your child's building to obtain the correct forms needed to manage medications while in school.

## **MEDICATIONS AND FIELD TRIPS**

If your child takes medication at home outside of school hours, you will need to provide completed medication forms **signed by both the parent and a physician. This applies for both prescribed medication and over the counter medications.** **You cannot send medications with a student on a field trip without the proper documentation.**

If your child has medication orders on file in the nurse's office for medications given during school hours, those orders and parent permission are sufficient for field trips.

## **PHYSICAL EXAMS**

NYS Dept. of Education Law requires the following students receive a physical examination:

- Students entering Pre-K or K, 1st, 3rd, 5th, 7th, 9th and 11th grades.
- New students entering the district
- Any students grade 7-12 participating in a school sport.
- Working cards for students 14 and older.

Please contact your child's doctor to schedule an appointment if needed. Well exams can take several weeks to schedule. **Please use the updated NY state Health Exam form** <https://www.p12.nysed.gov/sss/documents/health-exam-form.pdf>

## **IMMUNIZATIONS**

Please review the included chart of NYS Dept of Education requirements. Please be sure to contact your child's doctor to review immunizations to confirm they are up to date. Please schedule an appointment if your child requires an immunization for the upcoming school year before the start of the school year. ***If your child requires an immunization, proof must be submitted within the first 2 weeks of school. Students entering the district from out of state/country have 30 days to submit records from the start of school. Failure to do so will result in your child being excluded from school. Please schedule your child's appointment before the start of school.***

There are many ways to submit your child's immunization record to the nurse in the building they attend. The records can be scanned and emailed to the nurse, records can be dropped off over the summer to the nurse's in office mailbox or the student can bring the records to school at the start of the year.

Together, we can make sure to avoid any obstacles to learning. Please do not hesitate to contact the nurse in your child's building with any questions or concerns that arise during the school year.

Margaret Moscatello, RN  
FMES  
[margaret.moscatello@hffmcsd.org](mailto:margaret.moscatello@hffmcsd.org)  
845-446-1008, ext 4700  
Fax 845-446-6608

Donna DeMarmels, RN  
HFIS  
[donna.demarmels@hffmcsd.org](mailto:donna.demarmels@hffmcsd.org)  
845-446-4761, ext 3700  
Fax 845-446-0858

Rita Figueira, RN  
JIO HS  
[rita.figueira@hffmcsd.org](mailto:rita.figueira@hffmcsd.org)  
845-446-4914, Ext 2700  
Fax 845-446-2123