

**Health Office Welcome Letter
2019-2020 School Year**

Dear Parents and Students,

Welcome back! I hope you had a relaxing, fun and healthy summer!

Here is an update from the health office and upcoming dates and events!

Health Physicals: The Massachusetts Department of Public Health, Bureau of Family and Community School Health require complete health records and immunizations for every child in public school. Winchester Public Schools require an updated physical signed by your child's Healthcare provider for all kindergarteners, new students entering Muraco, and incoming 4th graders. Please note, we do not accept medical records electronically. We accept a hard copy of the original, signed and dated by the practitioner. Thank you to those who have already submitted paperwork.

Illnesses: Soon it will be cold and Flu season again. Parents are encouraged **NOT** to send their child to school if they appear ill. A child should remain at home for his or her own welfare and for the protection of other students if they have a fever >99 degrees or if they are sick.

Strep may also present with stomach ache and headache, and kids do not necessarily have a fever. Once your child is on antibiotics for 24 hours, for strep, then they can return to school. It is helpful to let the nurse know about any communicable illness, so I may keep track of them. This information is confidential and left on the absentee voicemail, or my voicemail.

Encourage your child to wash hands often, drink lots of fluids, get plenty of rest and exercise.

Medications: If your child needs to take medication during the school day, I am able to give it to them. Written authorization by the parent/guardian is required for all medications, including over the counter medications. You may find our medication forms on our website under administration and school health services. In addition some medications require authorization by the physician. Children should not be taking medication in school independently.

Flu Clinic: In Collaboration the Winchester School Nurses and Board of Health will be conducting flu clinics in each school! Muraco school Flu Clinic is usually held in October, The Town of winchester will send out emails as the time gets closer. Sign ups are done on line.

Nutrition Children require nutritionally sound diets to achieve optimal physical growth and development. Proper nutrition coupled with regular physical activity provides immediate and long-term benefits. Please send your child to school with healthy snacks. Your role is crucial in

helping your child have adequate nutritional intake and you can strongly influence your child's food preferences.

Pediculosis (head lice): Pediculosis is common in school age children all over the world. **We need your help throughout the school year in finding and reporting any cases.** Please remember to check your child/ren heads a couple times a week. It is best to do this under bright light, and for at least 20 minutes. If a case of lice is found, please inform the school nurse. Students may return to school once they have seen the nurse and after appropriate treatment. If anyone needs assistance in detecting, treating, or preventing head lice, please feel free to contact me at 781-721-7017 ext 4. Here are some excellent teaching websites:

www.nasn.org

www.headlice.org

www.cdc.gov/parasites/lice/

Vision/ Hearing Screening: Per Massachusetts Mandates, K-5 students will be screened for vision deficits and K-3 students for Hearing deficits. This will commence at the end of Sept and into October. You will receive a referral letter if your child does not pass the screening.

Thank you for your time and here is to a safe, healthy and fun school year!

Please feel free to contact me at :

781-721-7030 ext 114

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