

THE HEALTH OFFICE at WILSON PRIMARY CENTER



Chelda Duan, MS, RN, CSN-NJ
Summit District [Virtual Health Office](#)
[WPC Virtual Health Office](#)
Email: cduan@summit.k12.nj.us
Phone: (908)-918-2175 Ext 6651
Fax: (908) 918-2134

IMPORTANT THINGS TO REMEMBER:

Contact the School Nurse, Chelda, if there are medical concerns, your child has allergies, or if they will need medication administered during the school day.

ALWAYS notify the School Nurse and our Secretary Mrs. Schneider, if your child is going to be **absent or late to school**, letting us know what symptoms your child is experiencing.

KEEP YOUR CHILD HOME IF they are not feeling well, or they are experiencing any symptoms/signs of illness.

HEALTH & WELLNESS

FOOD IS NOT ALLOWED for birthday celebrations. Students are also not allowed to share food.

HANDWASHING

- Practice often throughout the day. Wash hands for 20 seconds (sing “Happy Birthday” two times).

Pack a healthy snack and/or lunch for your child: Avoid sweets, candy, and salty snacks. Choose fresh fruits and vegetables. Please DO NOT send peanut/nut products for snack. Always send a bottle of water into school with your child.

YEARLY HEALTH SCREENINGS

Height & Weight
Blood Pressure
Vision & Hearing
Color vision deficiency



In addition to these screenings, it is important to have a yearly physical exam with your child’s medical provider and to share the update with the nurse.

[EpiPen](#) / [Asthma](#) Inhalers require yearly renewed orders for administration. Link to [FORMS](#). Medical orders do not carry over from a previous school year, they must be renewed annually.

ALL health records are CONFIDENTIAL.

HEALTH & WELLNESS

Students entering the school district for the first time are required to provide:

- Proof of [Immunizations](#), [Health History Questionnaire](#) completed by a parent ,and a current [Physical Exam](#) signed/stamped by your child's private medical provider
- [LINK TO HEALTH MEDICAL FORMS](#)

A [Medication Administration Form](#) completed by your child's medical provider and signed by the parent is required for any medical necessary medication to be administered in school (including any over the counter meds)

In addition, it is VERY IMPORTANT to have someone available to promptly pick up your child in case of illness or injury.



When should I keep my child home from school?

3-5-24 Updated respiratory virus guidelines for COVID-19, the flu and RSV:

The CDC has recently updated its guidance on respiratory viruses, including COVID-19.

If a student or staff member tests positive for COVID 19, the flu or RSV, or if they are exhibiting COVID, flu or RSV like symptoms, they should remain home and away from others for at least 24 hours post diagnosis and may return to school when symptoms are improving. **A 5 day isolation period is no longer required following a positive COVID test.**

If a fever is present, students and staff must remain home until they are fever free for 24 hours without the use of fever-reducing medications such as Acetaminophen or Ibuprofen.

Masking post COVID-19 diagnosis is *encouraged* as an additional prevention strategy, but is not required.

Additional recommendations include:

- Staying up to date with vaccinations to protect people against serious illness and hospitalization. This includes flu, COVID-19, and RSV (if eligible) vaccines.
- Practicing good hygiene by covering coughs and sneezes, washing or sanitizing hands often, and cleaning frequently touched surfaces.
- Taking steps for cleaner air, such as bringing in more fresh outside air, purifying indoor air, or gathering outdoors.

Online COVID reporting is no longer required, but please continue to notify your school nurse of all illnesses. This allows our district nurses to monitor for and track outbreaks.

Strep throat: Students must remain home for at least 12 hours after antibiotic treatment has been initiated.

Fever of 100.0F or higher. Students must be fever free for 24 hours without fever reducing medications (such as Acetaminophen or Ibuprofen) in order to return to school.

Vomiting or diarrhea: Students must be free from vomiting and/or diarrhea for 24 hours prior to returning to school.

Pink eye with discharge: Students must remain out until examined by a medical provider and approved for return.

Any unexplained rash or draining sores: Rashes require a doctor's note stating that the rash is not contagious for clearance to return to school.

Head lice or nits (eggs): Please notify the school if your child has lice. Students are required to show proof of treatment and must be checked by the school nurse for clearance in order to return to school.

- *Please note: In order for a student to participate in an after-school activity or evening function, the student must be in attendance during the school day.*
- *If a student is sent home ill from school they may not return to school to participate in an after-school activity or evening function.*
- *This includes all co-curricular activities, practices, athletic events, competitions, performances or any other school-sponsored activities.*

FOOD ALLERGIES



WPC is an “Allergy AWARE” school, we are **NOT** a nut free school.

If there is a student with a nut, or any other food allergy in a class, that specific food allergen **WILL NOT** be allowed in the classroom. Teachers will be aware of the allergen to be avoided.

Students bringing in food containing allergens will be sitting at an Allergy Aware “**NUT/PEANUT TABLE**” in the cafeteria along with other classmates or seats will be rearranged to ensure safety. [Pre-order Allergy Menu information](#) from our food services. Also you may visit the [LUNCH MENU](#) tab at our school website.

Students may bring prohibited classroom foods to school in their lunchboxes for lunchtime. The food does not leave the lunchbox and is only to be consumed during lunch.

SHARING OF FOOD IS NOT ALLOWED AT ANY TIME.