

# THE HEALTH OFFICE

## IMPORTANT THINGS TO REMEMBER

CONTACT me if there are medical concerns, your child has allergies or they will need medication administered during the school day.

ALWAYS notify me or our secretary if your child is going to be absent or late to school and complete the illness reporting form

- [LINK TO ILLNESS REPORTING](#)

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



Beatriz Mendez, MS, RN, CSN-NJ

JPC/JES [Health Office Website](#)

District [Virtual Health Office](#)

Email: [bmendez@summit.k12.nj.us](mailto:bmendez@summit.k12.nj.us)

Phone: 908-273-3807 Ext 6351

“Healthy Children Ready to Learn”

# HEALTH and WELLNESS

NO FOOD ALLOWED for birthday celebrations

SHARING OF FOOD is not allowed

## HANDWASHING

- Practice often throughout the day washing hands for 20 seconds (Sing Happy Birthday 2 times)

Pack a healthy snack and/or lunch for your child, avoid sweets, candy, salty snacks and opt for fresh fruit and/or vegetables. Please DO NOT send Peanuts/Peanut Butter or Nuts for snack. Always send bottle water with your child.

## HEALTH SCREENINGS

Height & Weight

Blood Pressure

Vision & Hearing

In addition it is important to have a [yearly physical exam](#) with your child's medical provider and to share the update with the nurse.

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

ALL health records are CONFIDENTIAL



# HEALTH and 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 for any medical necessary medication to be administered in school (including any over the counter & sunscreen

STAY TUNED ... ALL changes to our Health Guidelines will be promptly sent to you.

IMPORTANT to have someone available to promptly pick up your child in case of illness or injury. Pick up from the health office will be at the Jefferson side where students come in and are dismissed.



# Protocol during the COVID-19 Pandemic

Help your child get used to wearing a face covering as one will most likely still be required while at school.

A properly fitted face mask is important. Provide your child with an extra one in case the one he/she is wearing gets soiled or breaks.

Practice staying 6 feet away from others.

[NJ TRAVEL GUIDANCE](#) frequently changes. Currently travel outside of our immediate region (NY, CT, PA, DE) requires a quarantine, call the school nurse for updates and requirements.

[NJ Department of Health](#) and our [Regional Health Department](#) provides us with the latest most up-to date guidance as recommended by the CDC taking into consideration the level of disease within the community and region. Guidance often changes so stay tuned for updates and notifications.

STAY HOME and call the school nurse:

- If you or your child are exposed to someone positive for COVID-19
- If you or you child test positive for COVID-19

# FOOD ALLERGIES

Jefferson & JPC 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 with food allergies have the option of sitting at an Allergy Aware “**NUT CONTROLLED ZONE**” table in the cafeteria. [Pre-order Allergy Menu information](#) from our food services. Visit the [LUNCH MENU](#) tab at our school website.

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

**SHARING OF FOOD IS NOT ALLOWED AT ANY TIME**

