

# 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 Mrs. Niebanck 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 signs/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.



# COVID-19 Guidelines

Explain to your child that if they are not feeling well and/or coughing in school, a face covering might likely still be required in the health office.

Currently our schools are mask optional, a properly fitted mask is best if your child is sent to school wearing one.

Social distancing is still recommended in large gatherings.

Please reach out should you have any specific question or concerns regarding current guidelines. If your child is vaccinated or has had COVID-19 please inform the nurse.

[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 you child test positive for COVID-19 and complete the google form to [Report a positive test for your child](#)

# 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 will be sitting at an Allergy Aware “**NUT CONTROLLED ZONE**” in the cafeteria along with their classmates. [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

