

THE HEALTH OFFICE at WILSON PRIMARY CENTER

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.



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“Healthy Children Ready to Learn”

HEALTH & WELLNESS

NO FOOD IS 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 peanuts/peanut butter for snack. Always send a bottle of water into school with your child.

YEARLY HEALTH SCREENINGS

Height & Weight
Blood Pressure
Vision & Hearing



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)

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

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



Protocol during the COVID-19 Pandemic

Explain to your child that if they are not feeling well and/or coughing in school, a face covering 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
- [Report a positive test for your child](#)

[Report a close contact with a positive individual](#)

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 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. Also you may visit the [LUNCH MENU](#) tab at our school website.

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

SHARING OF FOOD IS NOT ALLOWED AT ANY TIME