Dear Families,

We hope you’ve all had a fun, relaxing and healthy summer! With the new school year upon us, we wanted to send some friendly reminders from the Health Office to help ensure a healthy school year for all.

**Health Office Information**
The School Health Office is open Monday-Friday from 8 a.m. – 3 p.m. Our phone number is 617-254-3110 ext. 106. You can email us at: squinn@stcps.org, kmcneil@stcps.org, or nurse@stcps.org.

We are very excited to announce the addition of a new member to the nursing team at Saint Columbkille – Mrs. Katherine McNeil, RN! Mrs. McNeil has had an impressive and lengthy nursing career, including many years in school nursing. Please join us in welcoming Katherine to the Saint Columbkille community. Feel free to stop by and say hello to her if you are in the building. Mrs. McNeil will be staffing the Health Office on Mondays and Wednesdays and Sheila Quinn, RN, will staff the office Tuesdays, Thursdays, and Fridays.

**Immunizations**
The Massachusetts Department of Public Health requires that all students are immunized *prior to the start of the school year*. If you have not already done so, please submit a copy of your child's most recent physical and vaccination record to the Health Office.

As a reminder, here is a list of the immunizations students need:

<table>
<thead>
<tr>
<th>BY TWO YEARS OLD</th>
<th>BY KINDERGARTEN</th>
<th>BY 7+ GRADE</th>
</tr>
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<tbody>
<tr>
<td>3 doses of Hep B</td>
<td>3 doses of Hep B</td>
<td>3 doses of Hep B</td>
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<tr>
<td>4 doses of DTap</td>
<td>5 doses DTap</td>
<td>1 dose Tdap</td>
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<tr>
<td>3 doses of Polio</td>
<td>4 doses of Polio</td>
<td>3 doses of Polio</td>
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<tr>
<td>2 or more doses of Hib</td>
<td>2 doses of MMR</td>
<td>2 doses MMR</td>
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<tr>
<td>1 dose MMR</td>
<td>2 doses of Varicella</td>
<td>2 doses Varicella</td>
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<td>1 dose Varicella</td>
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For a full vaccine schedule please go to: https://www.mass.gov/files/documents/2019/03/27/guidelines-ma-school-requirements.docx

**Health Policies**
Our detailed health policies can be found on the website at the following link: [https://stcps.org/health-services/](https://stcps.org/health-services/). Last year, we noted increased attendance and fewer communicable illnesses than in years past because our families adhered to our health policies. We are hoping to have another healthy school year in 2019-2020 and we need your help to do that. Listed below is an abbreviated list of important need-to-know information. Please read these carefully:

**Illness policy**
Sending a child that is ill to school puts the entire school community at risk. In an effort to maintain a healthy school community, please consider keeping your child home from school if they have:

1. Fever. Any oral temperature of 100.4°F Fahrenheit or axillary temperature of 99.4°F or higher constitutes a fever. Your child should be fever free, without medication, for 24 hours before returning to school. Please do not treat a fever with medication and send your child to school.

2. Vomiting and/or diarrhea. Your child should stay home from school for 24 hours from the LAST episode of diarrhea and/or vomiting.
3. Persistent coughing that can be disruptive to class.
4. Unexplained rashes, sores, inflamed eyes or other signs of contagious illnesses.
5. Strep throat: Positive strep throats must be on antibiotics for a full 24 hours before returning to school.
6. Head Lice: Head lice are a nuisance that happen at all schools. Please take these precautions:
   1. Check your child’s hair for head lice and their eggs (also called nits).
   2. If you suspect that your child has head lice, ask your health care provider to recommend an appropriate treatment.
   3. Call and notify the Health Office if your child has head lice.

If head lice have been confirmed, do not return your child to school until she or he has been treated with shampoo approved to kill lice, you have removed all nits from your child's hair, and you have cleaned or stored personal items. Remember that you must keep checking your child's hair for new nits for at least 2 weeks. Routine lice checks are not conducted by the Health Office, but they are done on an as-needed basis if lice are suspected.

Medication Policy

- All prescription medications, (epi-pens, inhalers, seizure medication, etc.) require a written order from a licensed physician. Parental permission is also required for all prescriptions in the form of a signed Medication Administration Plan (MAP). MAPs are available in the Health Office. If your child has a prescription medication, please ensure this paperwork has been submitted.
- The only exception to this is for short-term medications (less than 10 days). For example, amoxicillin for an ear infection or strep throat.
- All medications must be delivered by an adult in the original prescription bottle with proper label.
- All medications should be picked up at the end of the school year by an adult.
- The following over-the-counter medications are available for students, as needed, in the Health Office:
  - Benadryl, Caladryl clear, Hydrocortisone 1% cream, Ibuprofen (Advil, Motrin) children's and regular strength Tylenol, and Vaseline.
- In order to administer these medications parents/guardians must sign off on the medication permissions tab in RenWeb/FACTS SIS.
- The medications listed above are the only over-the-counter medications we can administer during the school day. Therefore, if your child requires an over-the-counter medication that is not included on this list (i.e. Mucinex, Robitussin, chloraseptic, etc.) we cannot administer it. You are welcome to come to school during the day to administer medications to your child as necessary.

Treatment of illnesses/injuries

If your child is injured/ill at school:
- First aid will be administered.
- The parent/guardian shall be notified.
- The guardian will be requested to pick the student up at school as necessary.

Students cannot remain in the Health Office all day.

Please also remember to alert the school nurses if your child is diagnosed with any communicable diseases, such as conjunctivitis, head lice, ringworm, strep throat, etc.

Please feel free to call us with any questions. We look forward to working with you and your family this school year!

Thank you,

Sheila Quinn, RN and Katherine McNeil, RN
School Health Office