

## **SCHOOL HEALTH INFORMATION**

### **MANDATED SCREENINGS**

To help you keep your child healthy and ready to learn, the Erie School District offers health screenings conducted by the certified school nurses every year. These screenings include **vision** for each student, **hearing** for students in grades K-3, 7 and 11, and **scoliosis** for students in grades 6 and 7. These screenings identify problems, which may interfere with learning.

All children enrolled in Pennsylvania schools will have their height and weight measured, and then used to calculate their body mass index (BMI). BMI is a screening tool used to determine whether a child is overweight or underweight.

Your child's BMI is based on the ratio of height to weight. BMI is reported as a percentile ranking based on the child's age and gender. The Centers for Disease Control (CDC) created the percentile ranges to identify children who may be at risk for specific health problems. Children with high BMI are at increased risk for serious health conditions such as insulin resistance (a precursor to diabetes) and heart disease.

Like all screening tools, BMI can produce some false positives or negatives. For example, a student may have an artificially high BMI due to a high level of lean body tissue or muscle, as may be found in a well-conditioned athlete. That's why it's so important to follow up with your doctor if your child's BMI is high or low.

Your child's BMI is strictly confidential and will not be discussed with anyone other than you and your child. Please share your child's BMI information with your child's health care provider. Your doctor or nurse is in the best position to evaluate your child's overall health.

Feel free call your child's school nurse with any questions you have about the Growth Screening Program.

### **REQUIRED EXAMINATIONS**

**Physical examinations** are required by state law for all students in **Grades K, 6 and 11**. Parents may have the exam done by their own doctor if they do not want it done in school. A special form to be signed by your private physician was mailed to your home last June. If for any reason you do not have the form, you can get one from the school office in the summer or the school nurse in the fall. The form must be submitted to school by October 15<sup>th</sup> **OR** your child will be scheduled for the school exam.

**Dental examinations** are also required by state law for all students in **Grades K, 3 and 7**. Parents may also have this exam done by their own dentist. Please refer to the above paragraph regarding forms and dates.

## **IMMUNIZATION REQUIREMENTS**

Children in ALL GRADES need the following:

- 4 doses of tetanus, diphtheria and acellular pertussis\* (one dose on or after the 4th birthday)
- 4 doses of polio (4th dose on or after the 4th birthday and at least 6 months after previous dose given)
- 2 doses of measles, mumps and rubella\*\*
- 3 doses of hepatitis B
- 2 doses of varicella(chickenpox) vaccine or history of disease

\* Usually given as DTP or DTaP or DT or Td

\*\* Usually given as MMR In addition to the above vaccinations,

Children ENTERING 7TH GRADE need the following:

- 1 dose of tetanus, diphtheria, acellular pertussis (Tdap)
- 1 dose of meningococcal conjugate vaccine (MCV)

In addition to the above vaccinations,

Children ENTERING 12TH GRADE need the following:

- 1 dose of meningococcal conjugate vaccine (MCV) (if one dose was given at 16 years of age or older, that shall count as the 12th grade dose)

**Note: Immunizations must be done before the first day of the school year for kindergarten (K), seventh (7) and twelfth (12) grades or the students risk exclusion from school for health and safety reasons.** If a student has not received all of the required immunizations, the child's parents/guardians must work with the school administration and school nurse to see if it is possible to enter into a provisional admittance plan as established by the Pennsylvania Department of Health. Failure to provide proof of immunization and/or enter into and comply with a provision admittance plan may result in the student being prohibited from attending school. These requirements allow for medical and religious belief exemptions. If your child is exempt from immunizations, he/she may be removed from school during an outbreak.

## **PROVISION OF MEDICATION**

The administration of prescribed medication to students during school hours in accordance with direction by the parent and a primary health care provider will be permitted only when the failure to take such medication would jeopardize the health of the student or the student would not be able to attend school if the medication were not administered to him/her during school.

“Medication” includes all medications prescribed by a primary health care provider and

any over-the-counter medications, vitamins, minerals, herbals and dietary supplements. All medications are given through the health room in your child's school. District staff may not administer any medication - prescription or over-the-counter - to your child without a written order from a physician or other primary health care provider. Parents and students are required to abide by the District's "Administration of Medication to Students in School Policy," available for review within the Student Handbook and Code of Conduct given to students at the start of every school year and also at the Student Health Service Department in the Service Center (16th and Cranberry Street). Students who have a medical need to self-administer medication during the school day (asthma inhalers/EpiPens) must be able to demonstrate their ability to self-administer this medication and also abide by the District's self-administration of medication procedures, also available for review in the locations identified above. Please contact your school principal or school nurse for details.

### **Standing Orders for Over-the-Counter Medication.**

The District's Physician has provided a standing order which authorizes the school nurse or designee to dispense certain over-the-counter medication to students in grades 6-12 to address minor ailments occurring while the student is at school (such as headaches, menstrual cramps, minor aches and pains, irritated eyes). The standing orders are for Acetaminophen or generic equivalent of Tylenol and Ibuprofen or generic equivalent of Advil or Motrin and lubricating or allergy eye drops. NOTE: Contraindications to Ibuprofen are: DO NOT GIVE to students with a history of asthma, blood disorders, growths in the nose, heart disease, high blood pressure, liver disease, stroke or throat/stomach/intestinal problems. Students will only be given these standing order medications with signed parental permission. EpiPens are available in each school for use in emergency situations when a student has symptoms of anaphylactic shock. If you do not want your child to receive this medication in an emergency situation, you must provide a written note to your child's school nurse refusing that medication. The school supply of emergency EpiPens is not a substitution for students with known allergies who have individual doctor's orders for their own medication. Please contact your school principal or nurse for specific details.

**HEAD LICE POLICY:** Students with live head lice will be sent home from school (for treatment) at the direction of the school nurse. Once the student has been appropriately treated, s/he may return to class. Students must be checked by the school nurse upon return to school to ensure they are free from live lice. Students may attend school even if nits persist. Students will continue to be checked periodically by the school nurse to ensure they are free from live lice.