

August 2018

Welcome to Central School!



I hope you all are enjoying time with family and friends and had a great summer! I look forward to meeting all the students and their families.

Please take a look at Central's Health Office website. It should have answers to almost any health related questions you may have and is updated throughout the year.

<https://sites.google.com/wilmette39.org/centralhealthoffice/>

The following information highlights some of our school health policies. A complete description of the health policies can be found in the District Handbook.

- Physical, dental, and eye examinations are required for all Kindergarten students and those students who are new to District 39. These forms are due by September 1st. Second Grade students are also required to have a dental examination by May 15<sup>th</sup>. A listing of examinations and forms can be found at this link: <http://www.wilmette39.org/cms/one.aspx?portalid=360930&pageid=899165>
- Please inform me if your child has a chronic illness, life threatening allergy, asthma, or diabetes so that we can discuss your child's health concerns and develop a plan to provide for their health needs and safety while at school.
- A Medication Authorization Form is required for any medication, whether prescription or an over the counter medication, that is to be administered at school. The Authorization Form must be signed by both the physician and parent. Medication authorization forms and medications should be dropped off at the health office at the beginning of the school year. Medications may be changed at any time during the school year; however a new authorization form will need to be submitted. Children are not allowed to self-administer medications at school without a physician's order. Medications cannot be kept from year to year at school and must be picked up at the end of the school year.
- Central School's Safe Phone will now be called the **attendance line**. The phone number is 847-512-6150 and is available 24 hours. You must report all absences or planned late arrivals to the attendance line. Planned absences may be called to attendance line in advance. When a child arrives late, he/she will need to sign in at the health office and obtain a late pass. Children leaving school early must be signed out by a parent or guardian.
- District 39 policy states: "Students should not return to school following an illness until they have been fever-free without fever reducing medication, free of vomiting or diarrhea for at least 24 hours or until the doctor has provided medical clearance." Serious communicable diseases must be reported to the health office. Children need to stay home if he/she has a cold or flu and are coughing and sneezing to avoid spreading the illness to the rest of the school. Also, please check your child monthly at home for head lice. Resources regarding head lice can be found on Central's Health Office website.
- Parents may send a note to excuse their child from PE due to injury or illness for up to three days. Please note that students will also be required to sit out of recess on any days they are excused from PE. A doctor's note is required for children who need to miss more than three days of PE.

Please contact me if you have questions about health policies or required health examinations.

Sincerely,  
Andrea Zito, RN, PEL-CSN  
Central School Nurse