



Ramaz ECC/Lower School Health Office

Mission Statement

Good health is fundamental for effective learning and a successful academic performance. School nurses are here to promote and advocate for each student to be able to reach their optimal level of physical, mental and social wellness.

Health Office Services

The primary role of the school nurse is to support student learning. School nurses facilitate positive student responses to normal development, promote health and safety, and intervene with actual and potential illness or injuries. The school nurse provides case management services while actively collaborating with the Ramaz faculty and staff to build student and family capacity for adaptation, self-management, self-advocacy and learning.

The Health Services Office is located on the 8th floor Room 808. Students in need of medical assistance may go there to see the ECC/Lower School nurse. Parents of the students with any health concerns are encouraged to contact the school nurse. The direct number is 212-774-8012.

Medical forms must be submitted by all incoming as well as returning students every year before your child will be allowed into class.

Parents of students with severe allergies/asthma must complete the separate Protocol for Students with Life-Threatening allergies/asthma Action Plan, and submit to Magnus Health online prior to the start of school. Information concerning your child's allergy/asthma will help prevent a reaction and aid, if necessary, in prompt treatment. Epi-Pens are located strategically throughout the building, and faculty and staff will only be trained in their use if a protocol is on file for your child. Please feel free to contact the school nurse regarding the Food Allergy Policy.

Medication in School

Students may not carry any medication with them; parents/guardians must bring the medication to the nurse directly.

Over-the-counter medications

The school nurse is allowed to administer OTC medications that have been approved by the parents and physician on each child's OTC medical form. The school supplies a number of over-the-counter medications for administration by the school nurse in case of illness or injury at school. These medications include Acetaminophen, Ibuprofen, Tums (antacid), and Diphenhydramine/Antihistamine. If needed for the course of an illness, cough drops or throat lozenges are available in the health office. If you send lozenges from home you must send along a note to the teachers and the nurse to inform us, that your child may self-administer the cough drops or lozenges at school.

Prescription Medication

- a. If your child needs prescription medication or over-the-counter medication not available in the health office, a Medication Administration Form must be completed and signed by the medical provider and parent. ***Medications to be given in school must be in the original container, labeled with the pharmacy label including the child's name and the dosage of the medication.*** Most pharmacies are willing to prepare an extra bottle to be used at school. Any request of a medication change must be accompanied by a medical provider prescription.
- b. Send only medications which absolutely must be given during school hours. Try to space medication doses to avoid school hours whenever possible.
- c. Students who have a medical condition, such as asthma, diabetes, allergies, etc., that requires the use of an inhaler, insulin, or antihistamines should keep an extra supply of the medication in the nurse's office in the original prescription container from the pharmacy.

When Should You Keep Your Child Home From School?

Please check your child for signs of illness before sending him/her to school. To prevent the spread of germs, your child must remain at home if he/she shows any of the following symptoms: ***vomiting, diarrhea, unusual skin rash, fever over 100.4 degrees, persistent cough, chills, severe headache or migraine, bad night sleep, redness and discharge from eyes, severe sore throat or any unusual abdominal or other pain.*** Your child must be

fever/vomit/diarrhea free for a full 24 hours (with out fever reducing medication) before returning to school. A child put on medication for a contagious illness like strep or pink eye must have a full 24 hours of medication before returning to school. A child who is ill will not be able to learn, may infect other children and will not be happy. **It is within the nurses' discretion to send a sick or injured child home.**

Please do not send your child to the school nurse with a known illness or injury and request that the nurse examine him/her and prescribe treatment. Only a physician can diagnose and treat illness and injuries.

Parents are reminded:

- To use discretion when sending their child to school with colds, headaches or stomach disorders. The child may be exposing others and may not benefit educationally himself/herself.
- If a student requires medication after returning to school from an illness, remember to follow the Ramaz medication policy.
- When calling in your child's absence to school, please be sure to let the office staff know the nature of your child's illness for tracking purposes.

Students who are taking antibiotics due to illness may return to school after the scheduled 24 hours of antibiotic treatment if they are well enough to participate in school activities.

If your child has not had a good night of sleep due to not feeling well, or has woken up complaining of not feeling well, do not send them to school and to see what happens, take them to the doctor to make sure they are well enough to be in school.

Proper and frequent hand washing is the best way to avoid contracting contagious diseases such as colds, flu, and respiratory illnesses.

In order to ensure a fuller recovery and to lessen to risk of passing on an infection to others, students will be dismissed from school if they develop symptoms such as, but not limited to:

- Fever of 100.4 degrees or higher
- Vomiting or diarrhea
- Persistent cough interrupting class
- Suspected Strep infection, Conjunctivitis, communicable illnesses, etc.

When Is a Doctor's Note Needed?

If your child is absent for three or more consecutive days you must submit a doctor's note. This is especially important if the child was diagnosed with a communicable disease. **A doctor's excuse is also needed if your child cannot participate in physical education class or any other required school activities due to injury or illness.**

Head Lice

Head lice are a common problem among school-age children that should not cause undue anxiety. They are not a source of disease, nor a sign of uncleanliness. We encourage parents to frequently check their children's heads for the presence of lice or nits. While the school does provide checks during the school year, parents should insure that their child's hair is checked for lice and nits upon when returning home from summer camp and trips.

Any student who has lice in their hair is not allowed in school until receiving treatment. Following treatment the student will be allowed back in school if his/her hair is free of lice and nits upon re-inspection. We require the removal of nits to decrease diagnostic confusion and the possibility of reinfestation. Please notify the nurse immediately in case your child has head lice. The nurse will privately check those students with reported cases, and siblings and close contacts in school, before allowing them to return to class.

Get to Know Your Child's School Nurse

Health experts recommend getting to know your child's school nurse, especially if your child has a chronic condition, such as asthma or diabetes. Even if your child doesn't have a medical condition, it's a good idea to drop by and introduce yourself.



How to work with the school nurse to protect your child's health

- a. Keep your child up to date on her/his immunization schedule. Make sure your child has all the appropriate shots and boosters for her/his age, and give a copy of those records to the school nurse each year.
- b. Join forces with the nurse in promoting good health in the school by keeping your child home when he/she is sick. In addition, **notify the nurse if your child develops a contagious medical condition.** Notification of this illness will be sent to the Ramaz parents and

faculty only if it is reported. This is important as we need to work together to keep our students, teachers and community safe and healthy.

- c. Keep her informed. Alert the school nurse to any health and medical issues your child has, such as allergies, vision or hearing problems, etc., and any accommodations that need to be made for him/her. If your child has an ongoing condition, it is a good idea to meet periodically to update medical information.
- d. Please notify the nurse if there is a change in the medical status of your child during the school year, e.g. an injury, a newly diagnosed condition, or specially prescribed medication. The student's doctor should send a note of explanation with any recommendations to the nurse.