

Saint Michael School
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SAINT MICHAEL SCHOOL HEALTH OFFICE

Saint Michael School is committed to the health and well-being of the entire student body and staff, and participates in the Commonwealth of Massachusetts' Comprehensive School Health Program in conjunction with the North Andover Public Schools. Our goal is to promote a healthful environment, provide assessment of minor illness, administer first aid for minor injuries, prevent the spread of disease, and conduct state mandated screening programs. In order to achieve this, we have a school physician and full time nurse equivalent. Dr. Kenneth Chan from Andover Pediatrics is our school physician. Dr. Chan serves as both a consultant and resource. For those parents who have Dr. Chan as their child's primary care physician, please be assured that his role at Saint Michael School does not affect his practice in any way. The school nurse is present in your child's school to be a liaison between home and school regarding health concerns and to serve as a health resource to you and your child. The school nurse completes state mandated screenings, provides nursing care and assessment for illness, health maintenance, and first aid. The school nurse cannot function as your child's primary care provider. The school nurse also assists in promoting good health and maintaining a healthy, safe, environment for staff and students. Please be assured that all health matters are considered confidential.

EMERGENCY CONTACTS AND HEALTH INFORMATION

In the event of an accident or illness, the school must be able to reach you or another person who will assume responsibility for your child. Please make sure all of your contact information is updated in Renweb.

Please notify the SMS nurses of any change in health status, medications, immunizations, medical regimes, new injury, etc. as occurs and of any condition that your child has which might precipitate an emergency situation (allergies, asthma, diabetes, seizures) so that plans can be developed to meet your child's educational, health, and safety needs. The best way to reach me is via email @ Katie.Larkin@saintmichael.com or by phone (978) 686-1862 x 13.

PHYSICAL EXAMINATION REQUIREMENTS

School Entry: All students must have a recent (within 1 year) documented physical exam with Athletic clearance.

Subsequent Physical Exams: Annually. Most Physical forms include a statement from the physician that clears your child for physical activities. This statement is required for your child to participate in SMS sports and activities.

IMMUNIZATIONS & LAB RESULT REQUIREMENTS

Ma immunization law* requires all immunizations to be up to date and on file **BEFORE** school entry. M.G.L. allows the school to exclude children from school whose immunizations are not up to date. (*105 CMR 220.000 is authorized by M.G.L. c. 111, ss 5, 6, and 7, and c. 76, ss 15, 15C, and 15D.)

All students must also have on file screening results for Tuberculosis risk and lead testing before Kindergarten.

- All immunizations, lead testing or Tuberculosis risk dates and results must be physician verified and documented on the physical exam.
- Records provided must be in English.
- Updates should be submitted annually.

By Nursery: 4 doses of DTaP/DTP 3 doses of Polio 3 doses of Hepatitis B 1 dose MMR 3+ doses of HIB 1 dose Varicella or physician documented case Lead screening results TB results and/or risk status	By Kindergarten: 5 doses of DTaP/DTP 4 doses of Polio 3 doses of Hepatitis B 2 doses of MMR 2 doses of Varicella or physician documented case Lead screening results TB results and/or risk status	By Grade 7: As required "by Kindergarten" Plus a booster dose of Tdap
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MEDICATION POLICIES

- **If medications must be taken during the school day, please contact the SMS nurses to assure all the required forms are complete.**
- **A health care provider's order is required at the start of every school year for all prescription and non-prescription medications used on a routine basis.**
- **To insure your child's safety, all medications are to be delivered to the Health Office:**
 - In a pharmacy/manufacturer's container. If a prescription, ask the pharmacy to provide separate bottles for school and home.
 - By the parent or guardian, **not with the child**. Please bring medication and required documentation to the Health Office.
 - **No medication will be administered that arrives in an unlabeled container or without physician's order.**

LONG TERM MEDICATIONS

Please complete the *Consents for Medication Administration in Schools* and deliver the medication directly to the Health Office.

PRN (as needed) MEDICATIONS

Our school physician, Dr. Kenneth Chan, M.D. has allowed certain over the counter medications (OTC) to be administered per protocol. Tylenol, Motrin, Benadryl, cough drops, bacitracin, and hydrocortisone are the most common PRN OTC administered.

ASTHMA AND ALLERGY ACTION PLANS/IHCP (Individual Health Care Plans)

Asthma: It is recommended that children with a history of Asthma keep a rescue inhaler in the Health Office. Older children who carry their inhalers must come to the Health Office to self administer inhalers and for assessment. An updated *Asthma Action Plan* signed by yourself and your child's Primary Care Provider is required annually. SMS nurses will update IHCP annually. Please let us know if your child has been using their inhaler at home and if they will need to be assessed and have medication during the school day.

Allergies: Children with life threatening Allergies that are prescribed an EpiPen are required to have an EpiPen with them in school. An updated *Allergy Action Plan* signed by yourself and your child's Primary Care Provider is required annually. SMS nurse will update IHCP annually.

IHCP: Individual Health Care Plans will be created by the SMS school nurses for Chronic conditions that require health related accommodations while in school.

SCREENING PROGRAMS

BMI (Body Mass Index): Yearly heights and weights are recorded during gym class in grades 1, 4, and 7. Parents will be notified prior to screening and have the option to decline the school screening.

Vision and Hearing: Screening is performed in grades K through 8. Parents will be notified if results necessitate a referral to your Primary Care Provider.

Postural Screening: The state of Massachusetts mandates that all students in grade 5 through 9 be screened for scoliosis. Physician referrals will be sent home per the guidelines set by the DPH. Parents will be notified prior to screening and have the option to decline the school screening.

SBIRT: Screening, Brief Intervention, and Referral to Treatment is an evidence-based practice used to identify, reduce, and prevent problematic use, abuse, and dependence on alcohol and illicit drugs. Students will be screened in 7th grade and individual results are confidential. Screenings are performed by Mrs. Arivella and Nurse Larkin. Parents will be notified prior to screening and have the option to decline the school screening. We will begin vision, hearing, postural, BMI, SBIRT screenings in October. I will give you advance notice prior to the postural, BMI, and SBIRT screenings. If we identify a potential problem during a screening, I will notify you with the result and refer you to your child's Primary Care Provider for further evaluation.

PEANUT AND TREE NUTS POLICY

SMS is a nut free school. Although schools cannot guarantee an allergy free environment, we can utilize strategies to greatly minimize the risks associated with peanut and tree nut allergies. These strategies focus on prevention, education, and emergency response. As we face a growing number of children dealing with food allergies and, specifically, potentially life-threatening peanut and tree nut allergies, Saint Michael School will continue to be a peanut and tree nut free school. We have many students in our school that have life threatening food allergies. As a school dedicated to some of the youngest members of our community, we understand that many of our students are not old enough to make sound and safe decisions when it comes to what should go into their mouths and are less able to manage their allergies independently. Many preschool-aged children are not yet aware of potential food allergies. While our faculty and staff do an excellent job of sanitizing playing surfaces, toys, tables, chairs, and monitoring snacks and lunches brought into the school, there are some children within our school who could have a serious life-threatening allergic reaction from contact with even a microscopic amount of the offending foods. **Therefore, we have decided to keep Saint Michael School a peanut and tree nut (Brazil nuts, macadamia, almonds, cashews, pistachios, walnuts, pecans, and hazelnuts) free school. Please do not send your child to school with Peanut butter, Almond butter, or Nutella products.** It is our school policy not to distribute food or snacks. Children are not allowed to share snacks. Lunches are provided by a private company, *Just Like Home*. *Just Like Home's* lunches are completely nut free. Please contact them directly with any questions concerning their ingredients. The health and safety of all students must take priority. The goal of this policy is to promote the wellness and safety of all students and limit any opportunity for any child to be exposed to foods that could harm him or her. We appreciate your cooperation with this policy. The sacrifice of not having peanut or tree nut products in the school is a small one to make compared to the consequence of a child with severe allergies could face. Check out Emily's Story: <https://robynobrien.com/emilys-story-life-lost-food-allergy-parents-wish-2/>

ILLNESSES

In order to provide the healthiest school environment possible, please do not send your child to school when symptoms of illness are present. According to guidelines set by the American Academy of Pediatrics and our school physician, no child will be allowed to remain in school if any of the following conditions are present:

- Temperature > 100 degrees F
- Head lice
- Undiagnosed or untreated skin rash
- Communicable disease
- Vomiting/diarrhea
- Neurologic changes
- Severe pain
- Disabling injury

Please notify our school nurses within 24 hours if your child contracts any contagious disease, including but not limited to, strep throat, conjunctivitis, head lice, impetigo, fifth's disease, chicken pox, measles, whooping cough, mononucleosis, scabies, mumps, tuberculosis, and scarlet fever.

Please don't send your child into school to "try it" or have them attend school too soon after an illness. Students must be **fever-free and symptom free without medication** for 24 hours before returning to school. We realize that parents must get to work, but if your child's presence in the classroom will cause further students to become ill, we **MUST** request he/she stay home. I recommend effective hand washing at home and in school as the best preventative measure to stay healthy. Our teachers continue to wash down desks, door knobs and common areas every day before the students arrive. We sincerely do our very best to keep the children healthy and would greatly appreciate your assistance as well.

Please do not hesitate to contact us with any questions. Sincerely,

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