

August 2023



Welcome Back to School!

I hope you and your families were able to relax and find some enjoyment this summer. We are looking forward to seeing our Central Foxes soon!

The following information highlights some of our school health policies and practices for the coming school year. A complete description of health procedures can be found on the D39 website and D39 Parent 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 15th. 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.
- The attendance line phone number is 847-512-6150 and is available 24 hours. You must report all absences or planned late arrivals to the attendance line. Please describe your child's symptoms if related to an illness. 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.
- For any COVID-related symptoms, please follow the district's *COVID-19 Mitigation Plan*.
- 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,
Mallory Fryer, BSN, RN
Central School Nurse
847-512-6102