



**Welcome to the Lyndhurst Public School's
Student Health Services Department**

Health Rules and Regulations:

1. Any student who is suspected of having any form of contagious, infectious, or communicable disease will be excluded from school.
2. Any student who is absent due to illness for three consecutive days, or who has been quarantined, or has had a communicable disease must return with a note from the family physician. This communication will become part of the student's permanent health record.
3. Any student who becomes ill or injured in the building or on the playground must report immediately to the nurse's office in order for necessary medical attention to be given.
4. A sick or injured student is NOT permitted to proceed to his/her home unaccompanied.
5. All parents are required to fill out emergency cards at the start of the school year; please notify the school's main office immediately if any emergency contact information changes throughout the year.
6. Any student with nits or lice in the hair shall be excluded from school until the hair is completely free from nits.
7. Any student whose presence in the school is detrimental to the health of other students shall be excluded from school.





When to keep your child home:

- ✓ If your child has a fever over 100 degrees F, they should not be sent to school. Please do not allow the student to return to school until he/she has been free of fever without medication for 24 hours.
- ✓ If your student has lice or nits in their hair or on their body, they should stay home until treatment is rendered and they are nit free. Our district has a “no nit” policy in effect.
- ✓ If your student complains of a sore throat and you see white spots in the back of the throat or if fever is present, keep them home and call your physician.
- ✓ If your child has a new rash, or “spots” that cover the entire body, keep them home until your doctor says it is safe to return to school.
- ✓ If your child has vomiting or diarrhea, please keep them home until they no longer have those symptoms for 24 hours.

- ❖ Throughout the course of the year, certain health screening procedures are performed at varying grade levels by our Certified School Nurses and District Health Services Staff in compliance with NJAC 6A:16-2.1 – 2.5. Among them are:
 - Vision screening
 - Hearing screening
 - Scoliosis (spinal curvature) screening
 - Health screening (height, weight, blood pressure)
- ❖ Any student may be excused from any part of the above procedures upon written request of the parent or legal guardian. That written request will become a part of the student’s permanent health record.
- ❖ Please complete and return all correspondence or requests from your School Nurse promptly.
- ❖ Please cooperate with the health rules and regulations as set forth by the district for the protection of your child and every child in our school system.
- ❖ Remember we are a “Nut Free District”; please comply with these regulations as our schools contain many students with life threatening allergies.



We look forward to helping you have a happy, healthy, successful year. Please contact your school nurse with any questions, concerns or special needs pertaining to your child:

| <u>School</u> | <u>Nurse</u> | <u>Phone</u> | <u>E-mail Address</u> |
|-----------------------|--------------------|-------------------------|--|
| Washington | Colleen Cappuccino | 201-896-2072, ext. 4603 | colleen_cappuccino@lyndhurst.k12.nj.us |
| Lincoln | Chris Bancroft | 201-438-5683, ext. 4712 | christina_bancroft@lyndhurst.k12.nj.us |
| Columbus | Linda Webb | 201-896-2074, ext. 4202 | linda_webb@lyndhurst.k12.nj.us |
| Jefferson | Erin Flora | 201-896-2065, ext. 4403 | erin_flora@lyndhurst.k12.nj.us |
| Franklin | Arlene Sullivan | 201-896-2077, ext. 4303 | arlene_sullivan2@lyndhurst.k12.nj.us |
| Roosevelt | Elaine Sica | 201-896-2068, ext. 4503 | elaine_sica@lyndhurst.k12.nj.us |
| Memorial | Taryn Paglio | 201-438-6390, ext. 4903 | taryn_paglio@lyndhurst.k12.nj.us |
| Lyndhurst High School | Vanessa Nowinski | 201-896-2100, ext. 4025 | vanessa_nowinski@lyndhurst.k12.nj.us |

Important Health Information

Internet Links and Downloadable Forms

Asthma information link:

<http://www.pacnj.org>

Asthma action plan:

<http://www.pacnj.org/pdfs/atpstudent2012.pdf>

Authorization for medication to be taken during school hours:

<http://www.lyndhurstschools.net/docs/district/NursesCorner/AuthorizationMedsDuringSchool.pdf>

Bed Bug Fact Sheet:

<https://www.cdc.gov/parasites/bedbugs/index.html>

Bergen County Department of Health:

<https://www.co.bergen.nj.us/departments-and-services/about-health-services>

Bergen Resource Net

<https://www.bergenresourcenet.org/>

CDC: Vaccine information statements:

<http://www.cdc.gov/vaccines/hcp/vis/index.html>

Child Abuse Hotline: DCP&P

<http://www.state.nj.us/dcf/documents/divisions/dyfs/DCPPFlyer.pdf>

Cold vs. Allergy?

<https://www.healthline.com/health/allergies/allergies-or-cold>

Cold vs. Flu?

<https://www.cdc.gov/flu/about/qa/coldflu.htm>

Concussion Information: Heads Up for Parents:

<http://www.cdc.gov/headsup/parents/index.html>

Concussion Information: Sports concussions:

<http://sportsconcussion.com>

Diabetes emergency action plan:

<http://www.state.nj.us/education/edsupport/diabetes/qrep.pdf>

Diabetes medical management plan:

<http://www.lyndhurstschools.net/docs/district/NursesCorner/DiabetesMedicalManagementPlan.pdf>

Epilepsy Information: Epilepsy Foundation:

<https://www.epilepsy.com/>

Food allergy link :

<http://www.niaid.nih.gov/topics/foodallergy/clinical/documents/faguidelinespatient.pdf>

F.A.R.E. (food allergy research and education) Allergy & Anaphylaxis Emergency Care Plan:

<http://www.foodallergy.org/document.doc?id=234>

Head Lice Info:

http://www.state.nj.us/health/cd/documents/faq/headlice_faq.pdf

<http://www.licebites.com>

<http://www.nixlice.com>

Health History Questionnaire (to be completed by parent/guardian):

<http://www.lyndhurstschools.net/docs/district/NursesCorner/HealthHistoryQuestionnaire.pdf>

HPV vaccine info for parents:

http://www.state.nj.us/education/students/safety/health/services/hpv_brochure.pdf

Immunization Schedules for Persons Aged 0 Through 18 Years:

<http://www.cdc.gov/vaccines/schedules/downloads/child/0-18yrs-child-combined-schedule.pdf>

NJ Department of Health:

<http://www.state.nj.us/health/>

Meningococcal Disease:

http://www.state.nj.us/health/cd/documents/faq/meningococcal_faq.pdf

Poison Control:

<http://www.aapcc.org/>

Physical Examination Report (to be completed by physician), Elementary School:

<http://www.lyndhurstschools.net/docs/district/NursesCorner/PhysicalExaminationReport-Elementary.pdf>

Physical Forms, High School Sports Participation Packet:

<http://lyndhurstschools.powermediallc.org/>

Seizure Action Plan:

https://www.epilepsy.com/sites/core/files/atoms/files/seizure-action-plan-pdf_0.pdf

Self-administration of medication form:

<http://www.lyndhurstschools.net/docs/district/NursesCorner/SelfAdministrationOfMedication.pdf>