



## SCHOOL HEALTH INFORMATION

Welcome to Blessed Sacrament School. We look forward to working with you to provide a happy and healthy 2018-2019 school year for your child. Please take time to read these helpful guidelines.

There are a number of health-related forms which must be on file for your child. All of the following forms can be downloaded from our website. We highly recommend photocopying all forms for your own records before turning them in to the school clinic. Virginia State law requires that every space on the health forms must be filled in. If a question does not apply to your child, please put "NA". If the question requires a "Yes" or "No" answer, please check one or the other. Please do not leave any questions unanswered or spaces empty. Any spaces not filled out in their entirety will be returned for completion.

### COMMONWEALTH OF VIRGINIA ENTRANCE HEALTH FORM

Per your signature on the Annual Pre-Admission Agreement, a Commonwealth of Virginia School Entrance Health Form must be turned in to the Clinic by no later than August 15<sup>th</sup>, before your child can attend the first day of class. The physical exam must have been completed within one year of your child's first day at school. The form consists of three parts:

**Part I** - Health information should be completed by a parent. There are **two** places for parent[s] to sign at the bottom of Part I. Please do not leave any questions unanswered. Mark "NA" for any question that does not apply to your child. If the question requests a "Yes" or "No", please check one or the other. **Please remember any spaces not filled out in their entirety will be returned for completion.**

**Part II\*** – Certification of Immunization report must be completed by a healthcare provider. Please be sure that your child has all the appropriate vaccines listed for their age and grade. If you are unable to see your healthcare provider to complete vaccinations needed before the first day of school, we require a doctor's note with a date of intent for completing the necessary vaccines.

**Part III\*** – Comprehensive physical examination report to be completed by a healthcare provider (Page 4).

**\*Please pay particular attention to Parts II and III. The healthcare provider must fill this out completely, including the TB risk section.**

**Assessment/Vision & Hearing Screenings** - It is our goal to help you avoid visits to your child's healthcare provider. This area of the School Entrance Health Form is often overlooked, but must be completed. It will be reviewed for compliance with Virginia school health regulations.

**Immunizations** –All versions of the immunization record are accepted **as long as the immunizations comply with the latest standards.** The following immunizations are required for entrance to Kindergarten or for all grade school transfer students:

- **Two doses of Varicella (Chickenpox), with at least one dose given on or after the 4<sup>th</sup> birthday.**
- **A minimum of four doses of Diphtheria, Tetanus & Pertussis (Dtap), with at least one dose given on or after the 4<sup>th</sup> birthday.**
- **A minimum of four doses of Polio, with one dose on or after the 4<sup>th</sup> birthday.**
- **The Hepatitis B series.**

**All incoming 6<sup>th</sup> grade students must show proof of a Tetanus, Diphtheria & Pertussis (Tdap) booster before entering 6<sup>th</sup> grade, or have a healthcare provider's note with a date of intent.**

## **CONFIDENTIAL STUDENT HEALTH HISTORY UPDATE**

This form is **required** for all students who **are returning to the school**. The School Entrance Health form is required for initial admission to the school, and this update helps to keep the medical file up to date with any changes that may have occurred during the past year and over the Summer vacation months. Please fill it in completely, marking the spaces that do not apply as N/A.

## **DIOCESE OF ARLINGTON PERMISSION FOR EMERGENCY CARE FORM**

This information is required by the Diocese of Arlington so that we can reach parents in case of illness or emergency. As stated on the school website Downloads page, a paper form no longer exists for this information. All Emergency Care Form submissions are now found on the PowerSchool Parent Portal under the Demographics Change menu tab. If a question concerning allergies and current medications or illnesses does not apply to your child, you must enter "NA" or "NONE" next to that question.

It is important that all contacts listed are in a position to answer the phone or to pick up a voice message within **five** minutes. Children awaiting pick up are often exposed to other illnesses in the clinic, and must be picked up promptly. Please notify the school office with any changes in your contact information throughout the school year. In the event that you have difficulties making arrangements to pick up your child, PLEASE be sure the Emergency Contacts listed on the form are local, and actually able to pick up your child within 30 minutes. We realize that many parents work and it can be difficult to drop everything. However, this is an important practice to follow in order to curb exposure to illnesses during the year. Your cooperation is truly appreciated.

## **MEDICATION AUTHORIZATION FORM**

**School nurses are not permitted to administer medication to students without parental permission.**

**Prescription Medications\*** - A Medication Authorization Form must be **completed and signed by a healthcare provider** in order for **prescription** medication to be dispensed by the clinic. As a precaution, it is highly recommended that a Medication Authorization be provided to your child's healthcare provider for completion and a signature in case the form will be needed during the school year.

\*Any prescription medication to be administered by the clinic must be in the original container from the pharmacy, with the student's name and the dosage on the label. Products containing **aspirin** cannot be dispensed by the clinic without a doctor's signature, due to the potential for causing Reye's syndrome in children.

**Over-the-Counter Medications** – Without a Medication Authorization Form **signed by a parent**, the clinic may only dispense up to **4 doses** of any Over-the-Counter (OTC) medications such as Tylenol, Motrin or cold medicines. If more than 4 doses are needed, Part II of the Medication Authorization must be **signed by the healthcare provider**. **In the event that your child regularly needs OTC medications, it is highly recommended that your healthcare provider complete and sign this form at the beginning of the school year as a precaution.** This allows the nurses to administer the OTC medication for the rest of the year, as needed. Siblings may share the same bottle of OTC medication provided by the parent, but each child must have a separate Medication Authorization on file.

## COMMON MEDICATION FORMS

**Epi-pens and Severe Allergies** – All of the following forms must be completed and signed by the healthcare provider:

- **Epinephrine Authorization Form**
- **Allergy Action Plan**
- **Food Allergy Questionnaire (filled out by parent)**

**Benadryl for Allergies** - Both of the following forms must be completed and signed by the healthcare provider:

- **Antihistamine Authorization Form**
- **Asthma Action Plan**

All of these forms may be found on our website under Downloads.

## INJURIES AND ILLNESSES

Should your child experience an injury or illness requiring an emergency room or special doctor visit outside of school hours, you must present a doctor's note stating the injury or illness and all necessary care to be taken during school hours. Follow-up visits or updates from the physician with new information during recovery should be submitted to the clinic as well. Our job is to serve your children in the very best possible way, and that starts with good communication.

## GENERAL HEALTH GUIDELINES

Please review the Parent/Student Handbook for an overview of the School Clinic Policies. Remember: Students must be fever-free, vomiting-free and diarrhea-free (without the aid of an OTC medication for 24 hours) before returning to school. Students should also be able to perform their normal academic and physical activities before returning to school as well.

Don't hesitate to call the clinic if your child has any special medical conditions, or if you have any questions regarding paperwork. Once again, open communication to better serve your child is our goal.

Sincerely,

Tookie Crivella, RN  
Janeil Sendi, RN  
Beth O'Connell, RN  
Blessed Sacrament Nurses