

**GOCKLEY ELEMENTARY  
SCHOOL HEALTH SERVICES  
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**Preparing to Start School for Incoming Kindergarten Students**

**Immunizations** - Students whose immunizations are not up to date will not be able to begin school. All children entering Kindergarten need the following immunizations:

**DTAP** - 4 or 5 Doses (tetanus, diphtheria and acellular pertussis) 1 dose on or after 4th birthday

**IPV** - 4 Doses (polio) 4th dose on or after 4th birthday and at least 6 months after previous dose)

**Hep B** - 3 Doses properly spaced

**MMR** - 2 Doses (measles, mumps and rubella)

**VAR** - 2 Doses (chickenpox) or evidence of immunity (had disease)

**Physical and Dental Exam Reports** - Physical and dental exams completed up to one year prior to entering Kindergarten are acceptable. Please contact your child's pediatrician and dentist and ask if these exam reports can be mailed to you if they are not accessible on the portals. These forms are on the website under "Health Room" and then listed under "Health Forms".

I understand that some of you may have vaccine appointments, physical and dental exams being canceled due to the coronavirus pandemic. Please reschedule these appointments (especially the vaccine appointments) as soon as your doctor allows.

**Frequently Asked Questions and Answers from the School Nurse**

Q: "If my child has a health issue i.e. food/insect allergies, asthma, seizure disorder, diabetes, or any other chronic medical condition, when should I discuss this with the school nurse?"

A: If you identified any significant health issues on your student health form, necessary paperwork was sent to you in the mail. These forms are also available on the website under "Health Room" and are listed under Health Forms. Please have your child's physician complete the paperwork that was provided to you. Additionally, you should contact your child's school nurse to schedule a private appointment by the end of the current school year in order to develop a plan for your child prior to the start of school.

Q: "If my child takes medication at home, but will not need medication at school, should I still notify the nurse?"

A: Absolutely! It is very important for us to know about any medications that your child is taking so that we can monitor for side effects.

Q: "If my child needs to take medication at school, what do I need to do?"

A: Please try and schedule medications so that they can be administered at home if at all possible. If your child requires medication during the school day, we are happy to administer medication to your child at school according to our medication policy which is: No student is allowed to transport medication to/from school as all medication needs to be transported by an adult; this includes any over the counter medications. Also, all medication needs to have a pharmacy label containing your child's name, name of the medication, dose, time of the dose and the physician's name. We will need a completed medication dispensing form completed by both you and your child's healthcare provider. The medication dispensing form can be found on this website under "Health Room" and then under Health Forms.

Q: "When should I keep my child home from school?"

A: If your child becomes ill, he/ she should stay home until fully recovered. Students should have a temperature under 100 degrees, without the use of medication, for 24 hours before returning to school. Please do not send your child if they have any of the following symptoms:

- Temperature of 100 degrees or higher
- Vomiting
- Diarrhea
- Suspicious rash
- Suspicion of pink eye
- Continuous cough

Q:"What else can I do to make my child have a successful day at school?"

A: Students should start their day with a healthy breakfast each morning, and students in kindergarten should ideally receive 10-13 hours each night. Please send your student with a healthy snack each day along with a water bottle. In addition, please make sure that your student has a **seasonal appropriate change of clothing at school, including underwear and socks**; there are many reasons why students need a clean set of clothing, and having students prepared will minimize their time out of the classroom and will help them to be more comfortable.

Q:"What else should my child know before coming to Kindergarten?"

A: In order to keep our community safe and healthy, please reinforce the following to your student:

- **HANDWASHING!!!** Students should practice their hand washing techniques as it is the best defense against illness.
- Not to share food/beverages with peers as we have numerous children who have food allergies.
- Practice independent self-care skills for using the bathroom, such as pulling pants down and up, wiping and washing hands after using the bathroom. **Children must be potty trained to enter Kindergarten.** Pull ups are NOT permitted.
- Practice independent skills when using clothing fasteners, zippers, etc.

Q: "What do I do if my child gets lice?"

A: If your child has head lice, please notify the school nurse. Please check your child's head every week as lice can spread in school and camp settings. Head lice are a nuisance, not a cause for alarm, and they spread by crawling, not by jumping or flying and cannot be transported by family pets. We appreciate your vigilance!!

### **Key information to Communicate to the School Nurse**

Parents/guardians are encouraged to call the School Nurse any time they have questions or concerns and specifically for the following reasons:

1. There's a new medical diagnosis or change in your child's physical, behavioral, or emotional health status including:
  - A new allergy
  - A newly prescribed medication or a change in dose of a current medication
  - A serious injury, illness, condition requiring emergency treatment, hospitalization, or surgery
  - A head injury or concussion
  - An injury requiring sutures, casting, splints, or mobility assistance of crutches or wheelchair.
  - Contagious conditions such as, chickenpox, flu, strep throat, whooping cough, pneumonia, conjunctivitis or head lice
  - Your child is absent of >3 days due to physical illness, injury, or mental health condition.
  - It is essential that all families update the office with changes in phone numbers or emails so that nurses are able to reach parents or guardians. If your phone number or email changes, PLEASE notify the office.
  - When it is necessary to excuse your child from Physical Education due to an illness or injury, written documentation is required from your child's physician. Written documentation is also required to resume participation in Physical Education.

Please email me with any questions at [renov@whitehallcoplay.org](mailto:renov@whitehallcoplay.org)