



ILLNESS

- **Fever** (100°F or higher)
- **Diagnosed with a contagious illness by a clinician**
- **Vomiting**
- **Diarrhea**
- **Persistent cough/cold**
- **Runny nose with excessive nasal discharge that may not be clear**
- **Unexplained rashes, sores, sore throat and/or crusty, inflamed eyes**

When to
**STAY
HOME!!**

Your child may return to school when they...

- ✓ are fever-free without the use of fever reducing medication for 24 hours.
- ✓ complete 24 hours of antibiotics and a medical clearance note is obtained (in this case, please consult with your school nurse prior to returning).
- ✓ have stopped vomiting/having diarrhea for 24 hours, severe symptoms have resolved, and child is able to tolerate a normal diet.
- ✓ have been evaluated by a clinician for a persistent cough/runny nose/rash and they are able to return to school without being disruptive in class, and able to wear a mask if necessary to refrain from spreading any illness.
- ✓ test **NEGATIVE** for **strep**. Please stay home while awaiting results. Positive results must be on antibiotics for a full 12 hours, and student must be fever-free and vomiting-free for 24 hours **BEFORE** returning to school.



HEADS UP on concussions!

A doctor's note is required for a diagnosed concussion and classroom accommodations. Scan QR code to the left or click the link above.

MEDICATIONS

All medications require a "Medication Administration Plan" (MAP), completed by a parent/guardian and submitted to the school nurse.

- **Over the counter medications** listed on our student health information form may be administered by the school nurse as needed, provided that permission is obtained by parent/guardian.
- **Prescription medications** prescribed for more than 10 days (unless it's a controlled medication) **MUST** have a doctor's order.

Medications **MUST** be brought to the school nurse by a responsible **PARENT / GUARDIAN**

- With written doctor's orders & RN approval, a student *may* carry:
 - Inhalers
 - Epi-pens
 - Insulin
 - Enzymes
- All medications are required to be submitted and stored in their original containers, clearly labeled by the pharmacy.
- It is the parent/guardian's responsibility to retrieve all medications as well as any medical equipment at the end of the school year. Anything remaining will be discarded.
- If needed, a parent/guardian may administer medications to their child at any time during school in the nursing office.



INJURY / PHYSICAL EDUCATION (PE) EXCUSALS

If your child is returning to school with any injury or post any surgery, obtain a note from the doctor for the absence.

Notify your school nurse immediately of **ANY** physical injury (**including concussions**) or surgery:



- A parent may provide a written excuse from PE for **ONLY** 1-2 days
- A doctor's note is required for the use of crutches in school
- A doctor's note is required for casts, arm slings and use of *any* splints
- A doctor's note is required for return to play in sports after suspected or diagnosed concussion



A doctor's note should state the **nature** of the injury, **any limitations** or **restrictions**, the **date(s)** the child should be excused from any physical activity including **physical education** and **recess**.

Health Concerns & Health Information...

Does your child have:

- **asthma**
- **an anaphylactic allergy**
- **a seizure disorder**
- **diabetes**
- **or other health concerns**

Then visit our website by clicking **Amesbury Public School Nurses** at the top of the page or by scanning this QR code:



Fill out and submit necessary forms.

Contact your designated **school nurse** (contact info on reverse side).

APS requires that a **Student Health Information form** be completed at the start of each school year.



Are you a new student or kindergartener?

Complete your registration paperwork and submit it to
Central Registrar:

Julie Hartshorn | Phone: 978-388-0531
Email: Julie.Hartshorn@AmesburyMA.org

HEALTH INSURANCE

If you require assistance with obtaining health insurance for your child and/or family, please contact your school nurse or Pettengill to complete an application for health care coverage:



[Pettengill House, Inc.](#)

Non Profit Community Social Service Agency
21 Water Street, Suite 4A, Amesbury, MA 01913

Phone: 978-463-8801

CLOTHING / SCHOOL DONATIONS

APS School Nurses are *always* grateful to accept donations.

We are always accepting:

- ✓ 8-16 oz bottled water
- ✓ Gallons of water
- ✓ Small paper cups
- ✓ Feminine products
- ✓ Tissues
- ✓ Antibacterial wipes
- ✓ Clothing, gently used of all sizes

Ask yourself, "would I want my child wearing this in school?"

- ✓ Coats / Jackets
- ✓ Boots / Shoes
- ✓ NEW underwear
- ✓ Gloves / Mittens
- ✓ Pants / Shorts
- ✓ Shirts / Sweatshirts



STATE MANDATED SCREENINGS

The following state mandated screenings will be conducted throughout the school year for the following grades:

Vision Screening

Grades: Pre-K, 1-5, 7 and 10

Hearing Screening

Grades: K-3, 7 and 10

Growth Development Screening (BMI)

Grades: 1, 4, 7 and 10

Postural Screening

Grades: 5-9

SBIRT Screening

Grades: 7 and 9



*Parent/guardian will be given a referral if necessary

To Opt-Out of Mandated Screenings:

- To **exempt** from screenings, the state requires that a parent/guardian notify the school nurse **in writing** which includes:
- 1) date,
 - 2) parent/guardian name,
 - 3) student name,
 - 4) specific screenings to be exempt from.

Written exemptions need to be submitted **YEARLY** at the **START** of each academic year.

IMMUNIZATIONS / HEALTH RECORDS / PHYSICAL EXAMS

- Turn in a copy of your child's annual physical with immunizations (MA state law requires that a physical be turned in every 3-4 years).
- Updated immunizations are required to avoid exclusion from school.
- For immunization exemptions, a letter is required annually.
- Please refer to our APS Health Website for more information.

It is the sole responsibility of the parent/guardian of any student to update their designated school nurse with any changes and/or health needs for your child.

Please make sure all health forms are *up-to-date* to serve and provide your child with the best educational experience.



APS School Nurse Contact Information

Grades	School	Nurse	Phone / Fax	Email
Pre-K - 2	Sgt. Jordan Shay Memorial Lower Elementary School	Nicole Quadros, BSN, RN	P: 978-388-3659 x 2006 F: 978-388-4961	nicole.quadros@amesburyma.org
3 - 5	Cashman Elementary School	Kieran Ford, RN	P: 978-388-4407 x 5011 F: 978-388-4479	kieran.ford@amesburyma.org
6 - 8	Amesbury Middle School	Jody Omohundro, BSN, RN, NCSN	P: 978-388-0515 x 3085 F: 978-955-2526	jody.omohundro@amesburyma.org
9 - 12	Amesbury High School	Michelle Parsons, BSN, RN	P: 978-388-4800 x 1206 F: 978-388-4919	michelle.parsons@amesburyma.org
9 - 12	Amesbury Innovation High School Lead Nurse	Kristin Tierney, FNP-C, NCSN	P: 978-388-8037 x 4004 F: 978-388-8073	kristin.tierney@amesburyma.org