

## HEALTH SCREENINGS

Health screenings are done to identify conditions which may need further medical follow-up and correction. During the school year, unless there is a recent physician exam with documentation on file, student health screenings will be conducted as follows:

- ☞ HT/WT/BP.....9 thru 12
- ☞ Scoliosis Screening.....9 & 11
- ☞ Hearing Screening.....11
- ☞ Vision Screening\*.....10

\*Students with eyeglasses and/or contacts will not have their vision checked unless requested.

Parents, teachers, and students can request any of these health screenings if they suspect a problem and want a School Nurse consultation. Parents will receive notification of any screening which indicates that a follow-up is needed. If you do not want your student to receive health screenings at school, please make your request in writing to the Health Office.

## PHYSICAL EDUCATION EXCUSES

All students are required to take and participate in Physical Education each year in high school. Parents may write a note to excuse their student from 2 P.E. classes per quarter. Conditions that necessitate more extended excuses or modifications require a physician's note.

All physicians' notes must be sent to the Health Office. If a student cannot participate in P.E. for 10 days or more, their counselor will be notified and the student will be placed in a temporary HAP instead of P.E.

## SPORTS

- ☞ To participate go to the school website: **sbschools.org/sbhs/athletics/physicals.php** for guidelines and forms to be submitted.
- ☞ There are 7 forms for possible submission to be completed by the parent and/or physician.
- ☞ All forms must be submitted within 90 days of the first day of tryouts.
- ☞ Please adhere to deadline dates.
- ☞ Note additional forms required for students with Diabetes, Seizure, Asthma and Life Threatening Allergies.
- ☞ Questions, call your health office



*South Brunswick*

*High School*

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*School Health Services*

**(732) 329-4044**

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### **Main Building Office**

**Ext. 3264**

Donna Moreen, RN  
Certified School Nurse

Rena Eng, RN

### **Annex Building Office**

**Ext. 3011**

Karen Gordon, RN  
Certified School Nurse

Bin Guo, RN

## SCHOOL HEALTH SERVICES OVERVIEW

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SBHS is committed to providing a safe and healthy environment which promotes optimal student and staff performance at school.

We offer nursing services delivered by two Certified School Nurses and two Registered Nurses. Services include school management of acute and chronic conditions, sports exam clearance, health screenings, counseling, and drug and alcohol policy implementation. The nurses act as a healthcare resource for students, staff and parents.

## HEALTH OFFICE VISITS

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- ☞ Students may visit the Health Office when sudden illness or injury occurs at school.
- ☞ If students have a health-related concern they want to discuss with a School Nurse, they should try to come to the Health Office during non-academic school time.
- ☞ All medical notes must be brought to the Health Office

## HOME INSTRUCTION

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Notify the Health Office if your child will be out of school ten or more consecutive school days due to illness. He/she is entitled to home instruction which will be initiated by the School Nurse when a doctor's note is received.

## ABSENCES

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If your student will be absent, please call the Attendance Office at x 3225.

Please do not send your child to school when he/she has the following:

- ☞ Dizziness
- ☞ Persistent cough
- ☞ Fever
- ☞ Rash of unknown origin
- ☞ Vomiting/Diarrhea

## INFORMATION THAT NEEDS TO BE SHARED WITH THE HEALTH OFFICE

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In addition to informing the Health Office of all chronic health conditions, the following are other health-related issues we should know about.

Asthma/Allergies	Illness/Injury
Activity restrictions	Immunizations
Headaches/Migraines	Medical/Dental Visits
Hearing/Vision Problems	Medications
Depression/Anxiety	Drug/Alcohol concerns
Seizures	Emergency room visits

## EMERGENCY CONTACT

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In case of illness, injury, or any other emergency at school, it may be necessary to contact a parent, guardian or emergency contact during the school day. All Student Emergency contact forms are kept in the Health Office. Please make sure your student's form is on file and updated each school year. **Please notify the Health Office immediately when important contact information changes.**

## MEDICATIONS AT SCHOOL

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- ☞ ASTHMA INHALERS, INSULIN & EPIPENS ARE THE ONLY MEDICATIONS THAT CAN BE CARRIED AND ADMINISTERED BY STUDENTS. The parent and physician permission form **must** be on file.
- ☞ Tylenol and Advil can only be administered to students with **written parental permission on file.**
- ☞ All other medications needed to be taken during the school day (prescription and/or over the counter) must be administered in the health office with written physician and parental permission on file. Forms are available from the Health Office and on the SBHS web site.
- ☞ Medication permissions need to be renewed each school year.

## MEDICAL APPOINTMENTS

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Students leaving school for a medical or dental appointment need a pass from their House Office. Please call or send a note to the House Office on or prior to the appointment day. All written requests will be verified by phone.