

# Plainedge School District Health Services Guide

**HEALTHY CHILDREN LEARN BETTER**



**SCHOOL NURSES MAKE IT HAPPEN**



## **PLAINEDGE HEALTH SERVICES GUIDE**

### **BUILDING PRINCIPALS**

Plainedge High School - Lauren Iocco  
Plainedge Middle School – Anthony DeRiso  
Eastplain Elementary School – Mark Coccarelli  
John H. West Elementary School – Sara Azizollahoff  
Charles E. Schwarting Elementary School – Jennifer Thearle

### **DIRECTOR OF GUIDANCE & SUPPORT SERVICES**

Greg Wasserman

### **PLAINEDGE SCHOOL NURSES**

#### **Plainedge High School**

Shauna Weber - 992-7580  
shauna.weber@plainedgeschools.org

#### **Plainedge Middle School**

Karen Miraval - 992-7680  
karen.miraval@plainedgeschools.org

#### **Eastplain Elementary School**

Paige Peralta - 992-7610  
paige.peralta@plainedgeschools.org

#### **John H. West Elementary School**

Alyson Febbraro - 992-7510  
alyson.febbraro@plainedgeschools.org

#### **Charles E. Schwarting Elementary School**

Ragen Ryan - 992-7410  
ragen.ryan@plainedgeschools.org

# Plainedge Public Schools

241 Wyngate Drive  
N. Massapequa, NY 11758  
(516) 992-7450 FAX (516) 992-7445

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Carol F. Muscarella  
Interim Superintendent

Greg Wasserman  
Director of Guidance & Support Services  
(516) 992-7485  
[greg.wasserman@plainedgeschools.org](mailto:greg.wasserman@plainedgeschools.org)

Dear Parent/Guardian:

Welcome to the Plainedge School District!

This guide provides an overview of our health services and outlines important information related to your child's health and well-being while attending school in the Plainedge School District. We encourage you to keep it on hand for future reference.

If you have any questions or need assistance, please don't hesitate to contact your school nurse.

Sincerely,

**Greg Wasserman**

Greg Wasserman  
Director of Guidance & Support Services

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## ROLE OF SCHOOL NURSE

**A healthy student is ready to learn and enjoy his or her school experience. To facilitate this our school nurses:**

- Help promote and maintain your child's well-being.
- Monitor communicable illnesses.
- Monitor immunization compliance.
- Conduct annual state mandated screenings for vision, hearing and scoliosis.
- Provide first aid, as needed.
- Provide supportive care for chronic illnesses and allergies.
- Educate staff about his/her students' medical needs.
- Provide classroom management and medical plans for a wide variety of conditions.
- Provide emotional support, as needed.
- Administer medications.
- File immunization surveys annually as required by the New York State Department of Health.
- In alternate years, participate in the student weight status category survey for the New York State Department of Health. Student weight status is submitted to the state anonymously. However, you may exercise your right to opt your child out by notifying your school nurse no later than **December 1<sup>st</sup>**.

# EMERGENCY CONTACTS AND HEALTH INFORMATION

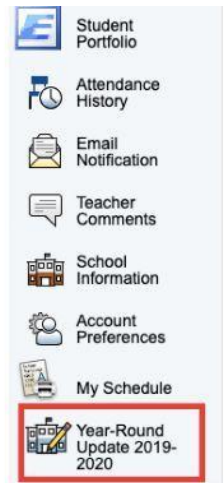
It is vital that you maintain up-to-date parent contact information and emergency contacts via the Parent Portal:

## How can I update my personal information for the school district?

The Infosnap YRU (Year Round Update) in the PowerSchool Parent Portal provides you with the ability to update your contact information and emergency contact information at any time throughout the school year. In using this feature you will not have to call your child's school office personnel to have them update your contact/emergency contact information. You can make any needed changes right from the parent portal and the changes will be made in the PowerSchool Information System automatically.

### How to Submit a Change via Year Round Update (YRU)?

1. On the PowerSchool Parent Portal start page, click YRU from the left side navigation menu.
2. The Year Round Update screen appears.
3. Update the necessary information and then click Submit.



Emergency contact information enables us to communicate promptly should your child become ill, injured or if some other important situation arises.

If you have a work number extension, please include that as well. If you have a preference as to how you would like to be reached, please share that with your nurse.

Emergency contacts are people, **other than the student's parents**, that can be called to take care of the student if he/she is ill and needs to go home from school. Please alert your emergency contacts to let them know they could be called.

Please remember to let the nurse know if there are any changes or concerns about your child's health. This includes any acute or chronic problems and medications. This information will help us understand symptoms or complaints that might be presented to us throughout the school day.

## MEDICATIONS

**Medications are best given at home before or after school.** In order to give **ANY** FDA approved medicine (prescription or over the counter) we **must** have a written request from the **doctor** and parent indicating:

1. Name of medication
2. Dose to be given
3. Time to be given
4. Length of time to be given
5. Route to be given
6. Reason or diagnosis for medication

**An adult must bring the medication to school in the original container. A new form is required to be on file for each school year.**

Your child may carry and administer their own medications if they are self-carry and have a completed doctor's authorization form and parent permission to do so. Additionally, they must demonstrate to the nurse they know why, when and how to use the medication. This includes pills, Epi Pens, Insulin, drops, sprays and inhalers, as well as over the counter medication.

# HEALTH ASSESSMENTS

## Physical and Dental Exams

- Required by all new students
- Required by all students in grades Pre-K or K, 1, 3, 5, 7, 9, and 11

## Vision Screening

- For distance and near vision: performed by school nurse
- Students in grades Pre-K or K, 1, 3, 5, 7, and 11
- All new students will be screened for color vision, as well as near and distance

## Hearing Screening

- Performed by the school nurse within 6 months of entering school and in grades Pre-K or K, 1, 3, 5, 7, and 11

## Scoliosis Screening

- Performed by the school nurse for girls in grades 5 and 7 and in grade 9 for boys

## If my child played a fall sport, will he/she need another physical to play a winter or spring sport?

- Possibly...students will be cleared for sports based on the date of their current physical. A student may be cleared for a fall sport **BUT** if their current year's physical expires during or after the season, they will still need a new physical to allow them to be cleared for winter or spring sports.
  - For example, if spring lacrosse starts on March 17, 2025, a physical from March 1, 2024 would be acceptable.
  - However, if spring lacrosse starts on March 17, 2025, a physical from February 1, 2024 would **not** be acceptable.
- A health history and parent permission form **must** be submitted for **each** sport.
- These forms are available online through Final Forms, and will be accepted no sooner than 30 days prior to the start of the sport.
- To ensure that there is no delay in your child's participation in sports, please be sure to complete and submit all forms at least 10 days before the first posted tryout/practice.

## IMMUNIZATIONS

Below is a list of the New York State Health Department required immunization(s) and doses. In order for a student to maintain enrollment in the Plainedge School District, they **must** be in compliance or in process within the first 2 weeks of each school year.

<b>Grade Pre-K</b>	
DTP (Diphtheria, Pertussis and Tetanus toxoid)	4 doses
IPV (Polio)	3 doses
MMR (Measles, Mumps and Rubella )	1 dose
Hepatitis b	3 doses
Varicella	1 dose
HiB (Haemophilus influenza type b conjugate)	1-4 doses*
PCV (Pneumococcal conjugate)	1-4 doses*

*\*Final dose must be received on or after 12 months*

<b>Grades K-5 (Elementary Schools)</b>	
Measles, Mumps and Rubella	2 doses
Varicella (Chickenpox)	2 doses
Hepatitis B	3 doses
Polio	3-4 doses*
Diphtheria, Tetanus, and Pertussis	4-5 doses*

*\*Last dose in series must be received after age 4*

<b>Grades 6-8 (Middle School)</b>	
Tdap – must be received by 11 <sup>th</sup> birthday	1 dose
Meningococcal - must receive before start of grade 7	1 dose

<b>Grades 9-12 (High School)</b>	
Meningococcal Dose #2 – must receive before start of grade 12	1 dose

# ALLERGIES

## How Will My Child's Food Allergy Be Handled?

### Elementary Schools

- The classroom teacher and teachers of all specials and services, as well as cafeteria aides will be notified.
  - The classroom will be labeled allergen aware and the snacks restricted, if
    - the allergy is airborne or,
    - the student cannot sit at a regular lunch table.
- \*\*It is important to note that the teacher will be made aware of the food allergy and will provide classroom management to reduce exposure to the allergen.*
- Students will be asked not to bring foods containing those allergens for classroom snack.
  - At lunch students will sit at an allergen safe section of the cafeteria.
    - If the child does not want to eat at the allergy table, we will need a note from the parent permitting them to eat at the regular lunch table.

### Middle School

- The classroom teacher and teachers of all specials and services, as well as cafeteria aides and servers will be notified.
- Students will not eat in the classrooms unless there is a medical need for a snack (for example a student with diabetes).
- Classrooms will be labeled allergen aware.
- At lunch, students can sit at an allergen safe table in the cafeteria.

### High School

- The classroom teacher and teachers of all specials and services, as well as cafeteria aides and servers will be notified.
- Students will not eat in the classrooms unless there is a medical need for a snack (for example a student with diabetes).
- To be safe for students with food allergies, please avoid snacks with nuts or sesame.
- Teachers will post an allergen aware sign on the classroom door when appropriate.

# **SCHOOL ATTENDANCE**

## **When to Keep Your Child Home**

Naturally, we want your child in school as much as possible, but there are specific times your child needs to remain home for his/her comfort, well-being, and to prevent the spread of communicable illness to classmates and staff.

Please consider keeping your child home:

- When vomiting has occurred within the last 24 hours
- When diarrhea has occurred within the last 24 hours
- For a temperature of 100° or higher within the last 24 hours without fever reducing medication
- When strep throat is suspected, but results of a throat culture have not been received
- When there are any symptoms of acute illness such as persistent cough, runny nose, with body aches
- When there is a rash
- When one or both eyes are red, itchy, and have crusted matter or exudate in them
- When there is a severe toothache or earache
- When ringworm has not been treated

## **Your Child May Return To School**

- When your child looks and behaves like him/herself for 24 hours
- When temperature is normal for 24 hours without medication
- When 2 consecutive meals have been well tolerated after vomiting
- 24 hours after last diarrhea
- When he/she has been on an antibiotic for 24 hours for strep throat or pinkeye and temperature is normal for 24 hours
- Students may return to school after proper treatment for ringworm (a doctor's note is required) and the lesion is covered with a bandage (exceptions will be discussed on an individual basis)

## **Absences**

- Elementary School - Call your school building's main office or nurse by 9:00 a.m.
- Middle/High School - Call the attendance office by 8:00 a.m.

