

2023-2024

Memorial Junior School

Mrs. Gioia • Elizabeth.gioia@hanovertwpschools.org • 973-515-2431

Greetings from the Health Office! The following information will help to ensure the health, safety, and overall wellbeing of your child this school year.

MJS Vikings



Annual Health Screenings

Throughout a typical school year, multiple health screenings required by the state of New Jersey are conducted.

As per, N.J.A.C. 6A:16-2.2(g)3 and N.J.A.C. 6A:16-2.3(b)3ii mandated health screenings include height, weight, blood pressure, hearing, vision, and scoliosis.

The grades in which these screening must be carried out are as follows:

Mandated Screenings						
Required Grade Level	Height	Weight	Blood Pressure	Vision	Hearing	Scoliosis
K – 12	X	X	X			
K – 2, 4, 6, 8, 10				X		
K – 3, 7, 11					X	
Biannually for students between 10 – 18 years old						X

If you have any questions or would not like your child to participate in screenings, please contact the school nurse. We anticipate starting our screening program November 15th and will continue throughout the school year. Scoliosis screenings will be conducted in 7th grade during the spring. Permission forms, noting the date of your child's scoliosis screening, will be sent via email.

Medications at School

A doctor's note is required for all medications to be given at school by the school nurse. This includes all over the counter medications. Please have your health care provider fill out the form [HERE](#) if your child will require the administration of a medication during the school day.

Please Remember to Report Your Child's Absence:

How

Absentee Email:

MJSattendance@hanovertwpschools.org

What to report

Specific reason of absence

- Illness (symptoms, diagnosis, etc.)
- Non-illness related
- Any health related appointments

When to reach out to the nurse

If your child has been absent from school three or more days contact your school nurse for guidance.

Post Illness Guidelines for Readmission to School

In order to prevent the spread of communicable disease and to ensure rapid recovery with minimal after effects, parents should keep children at home when they show evidence of vomiting, diarrhea, or fever (100 degrees or above). The child must remain home for 24-48 hours after the symptoms have subsided without the aid of pharmaceuticals (such as Tylenol, Ibuprofen, Motrin, Advil, Pepto-Bismol, etc.)



Please remember to always pack a healthy and balanced lunch, and a refillable water bottle

Build a **BALANCED** bag lunch:

$\frac{1}{2}$ + $\frac{1}{4}$ + $\frac{1}{4}$ add =

Vegetables & Fruits Whole Grains Lean Protein 1 Serving of Low-fat Dairy



Think About Your Drink

- Save calories and money by choosing to drink water with your lunch. Sodas, fruit drinks, sweetened iced teas, and coffee drinks are filled with empty calories. Water is a good choice because it's calorie-free, inexpensive, and readily available.



Food Allergies

Food allergies are a growing concern in schools across America. Millions of children must be mindful of every single food item they eat, or risk suffering a very severe, or life-threatening allergic reaction.

There are several children in our school with life-threatening food allergies. Common food allergens include, but are not limited to: peanuts, tree nuts, and eggs. Other common food allergens include: soy, milk, sesame, fish, and/or shellfish.

Knowing the life threatening nature of these allergies, we ask that you kindly keep in mind the following on a daily basis:

- Please remind your child that it is strictly prohibited for them to share their snack or lunch with any other student while in school.
- There is no eating allowed on our school buses.
- We request all children wash their hands with soap and water after they eat breakfast, and before leaving for school every morning.
- Consider your child's level of neatness when sending in nut butter dippers (i.e. Nutella dippers, peanut butter dippers, etc.). These items tend to get messy thus have a higher risk for cross contamination. If you are planning to send these in, please reinforce the importance of cleanliness and washing hands with your child.

MJS Athletics

All students wishing to participate in Athletics at Memorial Junior School must have a physical examination within 365 days (1 year) of the first practice on file in the health office. Please refer to our district website under Memorial Junior School to obtain the necessary forms or contact the Nurse's Office.

Important Health information

- [HPV vaccine](#)
- [Educational Fact Sheet on Meningitis](#)
- [Sports-related eye injuries](#)

