

2022-2023

Salem Drive School

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

Please Remember to Report Your Child's Absence:

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 5th 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.

How

Absentee Email:

SDSattendance@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.

When to Keep Your Child Home:

- Fever; your child may return once fever-free for 24 hours without fever reducing medication
- Vomiting or diarrhea; your child may return after 24 hours symptom free
- If your child is contagious



Please remember to always pack a healthy snack, a 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.

A Note for Our 5th Grade Parents:

All incoming 6th grade students are required to the following NJ state mandated immunizations:

1. One dose of Tdap (Tetanus, Diphtheria, Acellular pertussis) given no earlier than the 10th birthday
2. One dose of meningococcal-containing vaccine given on or after the 11th birthday

If your child has already received any of these immunizations, please submit records to Mrs. Mead

