

HEALTH SERVICES

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| Canton High School | Galvin Middle School | Hansen Elementary | JFK Elementary | Luce Elementary | Rodman Preschool |
|--|--|--|--------------------------------|--------------------------------|--------------------------------|
| (781) 821-5050 x2110 | (781) 821-5070 x3110 | (781) 821-5085 X4102, x4111 | (781) 821-5080 x5102 | (781) 821-5075 x6109 | (781) 821-5060 x1508 |
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The Canton School Nursing Team

Members of the Canton School Nursing Team are essential members of the school's multidisciplinary team in advocating for the student's health needs in relation to the entire school community. The school nurses teach individual students, parents/guardians and staff about health and wellness issues and strive to promote an understanding of student health needs that impact learning. Members of the Canton Nursing Team may conduct or assist in teaching lessons on age appropriate health topics such as hand hygiene, nutrition, mental wellness, and growth and development. The team works in collaboration with the town physician, the Board of Health, and wellness and guidance staff to provide information and assist in presentations based on the needs of the student population.

The Role of the School Nurse

In the school Health Office school nurses provide wellness, advisory, and emergency care only; it is not a diagnostic clinic. After first aid has been administered, parents are responsible for contacting their physician for diagnosis and treatment. The following are health services provided by the school nurse:

- Immunization surveillance
- Mandated health screenings
- Basic first aid
- Medication administration
- Disease management
- Symptomatic Covid-19 testing
- Health education/resource
- Skilled nursing care and management of students with special health care needs
- Referral for health care and health insurance
- Consultant for student health issues

- Health assessments for special education evaluations
- Liaison between home, school, and community resources

Confidential Health Information/Medical Services/Special Health Care Needs

Canton Public Schools’ nursing staff work collaboratively with the District’s Student Services department regarding students’ individualized healthcare needs consistent with the requirement of state and federal law.

Please contact the school nurse if your child is under the care of a physician or if there have been any changes in health status. Information is shared with faculty, staff, the Student Services department, and Emergency Services **only** on a need-to-know basis to maintain the health and safety of your child.

Parents/guardians of students with a medical concern (asthma, diabetes, seizures, life-threatening allergies, or any other medical condition) should contact the school nurse to develop an individualized health care plan to meet the needs of your child, while in school.

Students with an acute injury (fracture, sprain or other condition) that requires the use of crutches, or a wheelchair, require a doctor’s note/certificate upon return, including when a student can return to PE class. This is required for any student returning to school under the following conditions: a prolonged illness, a surgery, an accident, and any restrictions on activity such as slings, casts, or crutches or an absence of five or more consecutive days.

Parents should notify the school nurse prior to the student’s return to school. The school nurse will work with parents/guardians, and the Student Services department to develop and document appropriate accommodations and notify appropriate personnel.

Communicable Disease Guidelines

Any concern or diagnosis of a communicable disease, please notify the school nurse, immediately. The school nurse will assist with the procedures needed, regarding the return to school policies.

| <u>Disease</u> | <u>Recommended Minimum Absence From School</u> |
|-----------------------|--|
| Covid-19 | From diagnosis or from the first day of symptom onset, students should isolate at home for 5 days returning on day 6 only if symptoms have mostly resolved and the child is fever free with no medications for 24 hours. School nurse clearance required for re-entry. |
| Flu | From diagnosis until 24 hours fever free with no medication and symptoms mostly resolved. |
| Chicken Pox | From first eruption until lesions are crusted over, child is fever free for 24 hours, and until a doctor’s note provided for re-entry. |

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| Streptococcal Infections (“Strep Throat”, “Scarlet Fever”) | From diagnosis until 24 - 48 hours after first dose of medicine, fever free for 24 hours, and until doctor’s note provided, clearing for re-entry. |
| Pneumonia | From diagnosis until doctor's note provided for re-entry, and fever free for 24 hours. |
| Impetigo | From diagnosis until 24 hours after medical treatment has begun, lesions must be covered in school, and until doctor’s note provided, clearing for re-entry. |
| Ringworm | From diagnosis until 24 - 48 hours after first treatment and until doctor's note provided, clearing for re-entry. |
| Scabies | From diagnosis until 24 - 48 hours after first treatment and doctor's note provided, clearing for re-entry. |
| Conjunctivitis | From diagnosis until 24 - 48 hours after the first dose of medicine, no eye drainage evident, and doctor's note provided, clearing for re-entry. |
| Pinworm | From diagnosis until 24 - 48 hours after treatment and doctor's note provided, clearing for re-entry. |
| Head Lice | From diagnosis, until first treatment - the student must be checked by the school nurse and approved cleared for re-entry. |
| Gastrointestinal Viruses | From the first episode of vomiting or diarrhea until 24 hours with no episodes and fever free for 24 hours before returning to school. |

Covid-19 Return to Sport protocol

In conjunction with our school physician and the recommendations of the Academy of Pediatrics, we have developed a Return to Sport protocol for all Covid-19 positive athletes due to the risk of myocarditis after the diagnosis of Covid-19. All Canton High School students participating in a sport after having Covid-19 will be required to have an in person visit with a physician that completes a cardiac screen. Students may return to sports with physician clearance.

Concussion Policy

Canton Public Schools, in order to protect the health and safety of students and to comply with 105 CMR 201.000 enacted in June 2011, has developed a Concussion Management Policy to provide standardized procedures for persons involved in the prevention, training, management and return to academics, learning, and play decisions regarding students who incur head injuries. The intent of this policy is to assist a student, diagnosed with a concussion so he/she/they are identified, treated, referred appropriately and receive appropriate follow-up medical care during the school day, including academic assistance, and are fully recovered prior to returning to activity.

Elevator

The elevator is available exclusively for students with a physical disability or injury. The school nurse will meet with the students to discuss guidelines for use of the elevator and to issue a key or elevator pass if necessary. Any student using an elevator without permission will be subject to disciplinary action.

Field Trips

The school nurse will work with parents/guardians and Student Services staff to ensure that students with special health care needs or medications are able to attend field trips. Any students self-administering medication on field trips must have signed permission from a parent/guardian and be signed off by their physician and school nurse for competency. School nurses can assist with this process.

Food Allergy Management

In order to minimize the incidence of life-threatening allergic reactions, our school system will maintain a district-wide plan to address life-threatening allergies with the intent to reduce and/or eliminate potential reactions. The focus of the Food Allergy Management Policy is prevention, education awareness, communication and emergency response. The Food Allergy Management Plan is the basis for procedural guidelines that will be implemented at the school level and provided for consistency across all schools within the district. Please refer to the Health Services webpage to view the policy.

Forms

All health and medication forms are available from the school nurse or may be downloaded from the web at

<http://www.cantonma.org/pages/CantonPublicSchools/AboutCantonPublicSchools/DistrictForms>

Healthy Decision Making

The Canton community recognizes that lifetime wellness, social/emotional well being, and daily physical activity are vitally important to the academic success and overall well-being of each and every child. The district has implemented, and continues to modify, a Pre K-12 Comprehensive School Wellness Program. Our goal is to encourage, educate, and motivate our students to make positive daily decisions and develop healthy lifetime habits. We will teach, encourage, and support healthy eating choices and daily physical activity for our students. With this in mind, **all foods made available on school campuses during school hours should offer children nutritious choices.** Cupcakes, cakes and other food treats of this sort are strongly discouraged in order to comply with our Wellness Policy and concerns around food allergies.

Illness/Injury at School

Students who become ill or injured during the school day should notify their teacher before going to the Health Office. Students should obtain a written pass to see the school nurse except in an emergency situation. All accidents that occur on school property must be reported to the teacher and the school nurse. Students with minor health concerns will be assessed and treated by the school nurse and sent back to class. The school nurse does not contact the parent/guardian every time ~~when~~ a student visits the Health Office. The school nurse will make the determination of parental contact based on their professional assessment as well as the need for observation and/or follow-up. More serious health conditions will be referred to a parent/guardian, physician or counselor. Parents/Guardians are responsible for contacting their physician for diagnosis and treatment as well as for care and transportation of their child, who cannot stay in school. The school nurse will determine if the student requires dismissal for an illness or injury and will call the parent/guardian to make transportation arrangements. Students needing to be dismissed must be picked up in a timely manner for health and safety reasons. If ill, students should not call parents/guardians to be picked up from school without seeing the school nurse for a health assessment. Students not assessed by the nurse should be dismissed through their school's main office.

Emergency Contact Information

Parents/guardians are asked to provide emergency contact information to their student's school. Please be aware that this information is critical to the school nurse being able to reach you in an emergency. Please list all correct cell phone and office numbers where you can be reached. When listing alternate emergency contacts, list only those people that live close to Canton and have access to transportation. Please update contact information as needed. Children who require emergency care will be transported by ambulance to the nearest hospital for treatment.

Illness Requiring Absence from School

Upon return from any absence, students must provide a note describing the reason for the absence. If your child is out of school for five days or more you should notify the school nurse. Any school absence for five or more consecutive days requires a note from a health care provider which should be presented to the school nurse before the student returns to school. Without medical documentation these are considered unexcused absences. When you call the absentee line of your school, please specify the nature of the illness. Here are some guidelines to follow:

Keep your child home if he/she/they:

- Has evidence of a newly developed cold (runny, stuffy nose, coughing, sneezing). The greatest period of contagion is the first 2-3 days after onset of symptoms.
- Has Covid-19 or Covid-19 symptoms.
- Has the flu or flu symptoms.
- Has an elevated temperature, over 100° (degrees) within the past 24 hours.
- Has a suspicious rash.
- Has pain or discharge from eye(s) or ear(s).
- Has had an upset stomach, vomiting or diarrhea within the past 24 hours.

- Has a contagious disease (i.e. strep throat, tonsillitis, bronchitis, conjunctivitis, etc.) until he/she/they has been seen and treated by a doctor with **at least 24 - 48 hours of treatment**, is fever free for 24 hours, and feels well enough to be able to participate in school activities.

If your child should develop any of these or other symptoms hindering the child's ability to learn during school hours, the school nurse will notify you and the child will be dismissed.

Immunizations

No student will be allowed to attend school until health records have been reviewed and the student has been cleared by the school nurse.

No student, as defined by the Department of Public Health in 105 CMR 220.400-500, is allowed to attend a preschool, or kindergarten through grade 12 without a certificate of immunizations documenting that the child has been immunized in accordance with current DPH recommended schedules for preschool, elementary, middle and high school students.

<https://www.cantonma.org/student-services/health-services/files/documents/Massachusetts%20School%20Immunization%20Requirements%202023-2024.pdf>

There are specific exceptions to the DPH immunization requirements which may be discussed with the school nurse as needed.

Insurance

Please contact the school nurse for information about obtaining health insurance or finding a primary health care provider or a dentist.

Latex Products

The use of latex balloons and other latex products are not allowed in ~~the~~ school buildings.

Medication Policy

Prescription Medication: Medications should be administered at home before and after school unless it has been deemed medically necessary by a physician to have medication administered during the school day. Students requiring prescription medications, including inhalers and EpiPens, during the school day must have signed medical orders from a physician and permission from the parent/guardian on file in the health office before medications can be administered by the school nurse. Any students with asthma or a prescription for an EpiPen for allergies are required to have Emergency Action Plans signed by the child's parent/guardian and physician. Medication must be delivered to the nurse in a pharmacy or manufacturer labeled container by the parent, guardian, or a responsible adult. No medication is to be left in the main office. When the medication is delivered to the nurse it will be counted and the nurse and parent/guardian will sign that the medication was received. The nurse is only allowed to keep a 30-day supply of medication at a time. Students are not permitted to carry any medication including over-the-counter medication with the exception of an insulin pump for treatment of diabetes, emergency epinephrine for a life threatening allergy and/or an inhaler for asthma as long as the nurse has received written physician orders, Emergency Action Plans, signed parental permission, and the student has been signed off as competent to self-administer the

medication. There is additional planning and paperwork required for a student to self-administer an inhaler. Please notify the nurse to assist with the planning process.

No child is permitted to bring medications to and from school. All medications must be picked up by the last day of school. Any medication not picked up will be disposed of appropriately.

Non-Prescription Medication: Acetaminophen (Tylenol) and Ibuprofen (Advil) may be administered with written parental/guardian permission in accordance with the protocol approved by the school physician. Parents/guardians of elementary school students will still be called by the nurse before Acetaminophen or Ibuprofen is administered even with written consent. At the middle school and high school levels, a written letter will be sent home notifying parents/guardians after the 10th dose of Acetaminophen or Ibuprofen is administered. All other non-prescription medications require an order from a health care provider. The Health Office also has a list of Standing Orders from the school physician for treatment of minor injuries and/or illnesses.

Nutrition

Parents/guardians are encouraged to ensure that students eat breakfast before coming to school. A well-balanced diet, including three meals and two snacks a day, will improve academic performance. The school nurse is available to help students with any nutritional problems including obesity, failure to thrive, and eating disorders. Our goal is to encourage, educate, and motivate our students to make positive daily decisions and develop healthy lifestyles. We will teach, encourage, and support healthy eating choices for our students. Please notify the school nurse if you or your child need any assistance with nutritional needs.

With this in mind, **all foods made available on school campuses during school hours should offer children nutritious choices.** Food is no longer encouraged at any of our celebrations.

The “Act Relative to School Nutrition” was signed into law on July 30, 2010 and required that schools participating in the National School Lunch Program must comply with the nutrition standards as of August 1, 2012. The goal of the law was to establish standards for competitive foods and beverages sold or provided in public schools during the school day to ensure that schools offer students food and beverage choices that will enhance learning, contribute to their healthy growth and development, and cultivate life-long healthy eating behaviors.

Physical Activity Exclusion

Students may be excused from participating in physical education classes for an illness or injury, only if a physician note is provided to the school nurse.

Physical Examinations

All new students, and students entering grade 1, 4, 7, and 10, are required to submit a record of a complete physical exam before the start of school each year. Students participating in athletics must have a completed physical examination within 12 months of the start of their pre-season or try-outs.

School Entry Requirements

All new incoming students registering with the Canton Public School District are required to submit updated immunization records, consistent with MA state requirements and documentation of a complete physical exam by a licensed physician, nurse practitioner or physician's assistant within one year prior to entrance to school or within 30 days after school entry. Immunization records must accompany the physical exam. A student transferred from another school system will be directed to the pre enrollment nurse for determination of medical clearance for enrollment. There are specific exceptions to the DPH immunization requirements which may be discussed with the school nurse as needed.

Students participating in athletics and those requesting a work permit must have a complete physical annually.

Screenings

Health screenings are mandated by the Massachusetts Department of Public Health and are conducted in the following grades:

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| • Vision: K-5, 7 and 10 | • Hearing: K-3, 7 and 10 | • Height and Weight: K- 12 |
| • BMI: 1, 4, 7 and 10 | • Postural Screening: 5-9 | • SBIRT Screening: 9 |

*If a parent wishes to waive the state mandated screening for BMI, postural or SBIRT screening, a request in writing must be submitted to the school nurse prior to the scheduled time for those screenings. Notification of screening dates will be sent out to families ahead of time.

Parents/guardians are notified if a student does not meet the minimal screening standards, as needed. School nurses will work with families to obtain the appropriate referral and follow-up services needed.

BMI: Body Mass Index is a measure of body fat based on height and weight.

SBIRT: Screening, Brief Intervention, and Referral to Treatment is an evidence-based practice used to identify, reduce, and prevent problematic use, abuse, and dependence on alcohol and illicit drugs.