

FROM THE HEALTH OFFICE AT WRHS

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The Health Office staff works to maintain the health and well being of the students of Wachusett Regional High School. The Health Office staff work closely with the students when they visit for health-related issues including wellness, illness and injury. To better serve the students at the high school, we ask that parents and guardians become familiar with the requirements and policies that the Health Office must comply with regarding your child. Parents with health related questions should feel free to contact the Health Office during school hours. The Health Office is open Monday through Friday from 7:00 a.m. to 2:30 p.m.

Health Center Announcements

A school nurse is available to the students of WRHS throughout the day. Responsibilities include assessing and providing the appropriate health care to an ill or injured student. If a situation is more than routine, a parent or guardian will be notified and consulted. Throughout the school year, the nurse reviews health records of the student keeping them updated with required immunization and physical exam information. If a student does not have the required immunizations, the parent or guardian will be notified.

Emergency Cards

Students will be issued a blank emergency card on the first day of school and be asked to return the completed card the next day. Each child attending Wachusett Regional High School is required to have a completed emergency card on file in the Health Office. It is imperative that a new emergency card be returned to the Health Office on or before the first day of school each year. This card contains vital information regarding your child's health and a way for us to reach the parent, guardian or designated alternate in an emergency. Please include emergency contact phone numbers in the event we cannot reach you. If any of this vital information changes during the school year, please inform the school nurse. If there is an emergency situation and there is not a responsible adult willing or able to pick up an injured or severely sick child, an ambulance will be called to transport the child to a hospital.

In the event of an injury at the school, the school nurse or other trained personnel will administer first aid.

Administering Medication to Students

All medication orders must be renewed at the start of each school year. Please see Health Office link for current forms.

- Medications should be given at home whenever possible.
- Students are **not permitted to transport medications**, either prescription or over-the-counter, to or from school. A parent, guardian or responsible adult shall deliver all medications to the high school. If there is a problem following this requirement, please call the school nurse.
- Medications must be presented to the school nurse in the original pharmacy or manufacturer-labeled container. Please ask the pharmacist to provide you with an extra medication bottle for school.
- There must be a written order from a doctor and written parental consent before the school nurse can administer medication, this includes over the counter and prescription medications.
- **Self Administration Medication Policy** – If your child needs to self administer a medication while in school, please contact the school nurse for the policy and procedure for self administration. Medications that can be carried and self administered are an Epipen, Medicated Inhalers for Asthma related illness or other medications the child's physician, school nurse and parent/guardian deem necessary while in school.
- The parent must provide written permission for the school nurse before over-the-counter medication can be administered in accordance to medication standard protocol. This consent is given on the high school emergency card.

Field Trips

If a student goes on a field trip and requires medication, you must notify the Health Office three weeks prior to the field trip.

Screenings

The Health Office also performs various health-related screenings such as vision and hearing, BMI, and scoliosis. Parents will be notified of abnormal results from these screenings.

Vision & Hearing Assessments: The state mandates that vision and hearing screening be performed on all sophomores (10th graders). **The screening will be on October 29, 30 and 31.** Abnormal findings are reported to the parent or guardian.

Body Mass Index (BMI) Assessment: The state mandates that all sophomores (10th graders) have a BMI index done to detect growth abnormalities in children. This assessment is done at the same time the vision and hearing screenings are done. **The BMI screening will be done on October 29, 30 & 31.** Parents or guardians will be notified of the results.

Scoliosis: The state mandates that all freshmen (9th graders) be screened for scoliosis. The screening is done during a PE (physical education) class with assistance of the PE teachers. The school nurse and female PE teachers screen female students whereas the male PE teachers screen the male students. Parents or guardians are notified prior to the screenings being done. If you have a concern, please call the school nurse. **Scoliosis for the freshman (9th graders) will be done in January 2020.** If your child has had a current scoliosis screening and you do not want it done at the high school, please get a copy of the screening to the nurse by the first week of school.

SBIRT Assessment: Screening, Brief Intervention, and Referral to Treatment (SBIRT). SBIRT is a state-mandated drug/alcohol use/abuse screening in Massachusetts. It requires schools to verbally screen students for potential risk. At the high school, all 10th graders will be screened. Parents and students may opt-out of the screening.

Asthma, Allergies and Health Concerns

It is extremely important for the parent or guardian to notify the school nurse each year of any medical/health conditions that may affect the well being of their child, such as allergies, asthma or other health issues. Please contact the school nurse to discuss your child's medical condition and a plan of care put in place. If your child requires medication, such as use of an inhaler or an EpiPen for these conditions, paperwork must be completed.

Mandated Immunization for High School Attendance

All incoming freshman (9th grade) and returning students are required by law to have the following immunizations and a written record of the immunizations from the physician:

- **Three (3) Hepatitis B vaccines**
- **Four Dtap**
- **One Tetanus Booster (Td) or (Tdap which is updated in 7th grade)**
- **Four polio**
- **Two (2) MMR (measles, mumps and rubella) vaccines**
- **Two (2) doses of the Chicken Pox vaccine if the child is over 13-years old or documentation from a physician of the child's history of Chicken Pox.**
- **Meningococcal vaccine**

If any or all of these immunizations are missing, your child may be excluded from school until they receive the vaccinations or provide proof of exemption.

Exemptions from Immunizations

Per state regulations and district policy students must be up to date on all immunizations in order to attend school. **Children who are NOT in compliance will be EXCLUDED from school.** All religious and medical exemptions must be updated yearly. Please fill out the Religious Exemption form and return to the Health Office at the beginning of each school year.

All medical forms, policies, and guidelines are located on the WRHS website, click on School Info, under the Health Services tab.

Physical Exams

A current physical exam within the past thirteen months should be on file in the Health Office. If your child has transferred from another school, please provide the Health Office with a copy of his/her physical exam, which

should include current immunizations from your child's physician or the former school. It is also recommended that each child have a physical exam every three or four years.

All students participating in school sports are required to have a physical examination prior to participating in sports each year. Physicals for sports are only good for 13 months from the date of the physical.

Yearly Summer Sports Physicals are being held in the Health Office on Tuesday, August 13th, 10-12pm and Wednesday, August 21, 6-8pm. The cost is \$20 and a parent/guardian must accompany the child. The physicals are conducted by appointment only. Please call 508-829-6771 (Main Office) to schedule your appointment.