

Weston Public Schools
Nursing Services
Preschool – Grade 12

A Healthy Student
Is a More Effective
Learner

School Nurses
Make It Happen

School Health Services

Weston Public School nurses are essential members of the educational team responsible for promoting, protecting and improving the health status of all students. The unique role of the school nurse is to provide professional health care by coordinating services between home, school and community. The school nurse assists in maximizing each child's potential to learn and grow by providing the best possible health care. Health care provided includes: identifying health problems; preventative health measures; maintaining and promoting health and learning; promoting healthy lifestyles in students, families and staff; acute and emergency care; health counseling; mandated screenings; immunization monitoring and adherence to state regulations; medication administration and evaluation; comprehensive and appropriate health education to students, parents and staff; skilled nursing care and management of children with special health care needs; individual health care planning; school nurse and parent conferences; health input to special education meetings; review and interpretation of medical and health records. Weston Public School nurses have the professional education and expertise to function successfully in the complex system of education and health. There is a full-time nurse on duty in every building every day.

STATE MANDATED PHYSICAL EXAMS

Physical examinations by the student's own physician are required upon entering Preschool, Kindergarten, and grades 4, 7 and 10.

MIAA SPORTS PHYSICALS

MIAA rules clearly state that any student who wishes to try out, practice or play a sport is required to have a current (within twelve months) physical exam on file in the nurse's office **BEFORE** being allowed to try out or practice. If the physical exam expires during a sports season, the student must have a physical on file prior to the expiration date of the previous physical or will be unable to play. Please plan ahead.

MANDATED SCREENINGS

Hearing - Preschool, K-3, grade 7 & 10
Height, Weight, BMI - Grades 1, 4, 7, 10
SBIRT – Grade 7-9

Vision - Preschool, K-5, grade 7 & 10
Postural (scoliosis) - Grades 5-9

All screenings are performed in accordance with the Commonwealth of Massachusetts regulations. Students may also be screened at any time during the year at a teacher or parent's request. If screening results indicate the need for follow-up care by a physician, parents/guardians will be notified in writing.

IMMUNIZATIONS

All students must present evidence of immunizations in compliance with the requirements of Massachusetts General Laws, Chapter 76, Section 15, which specifically prohibits admitting a student to school without a physician verifying that, unless religious or medical exemptions apply, the child has been immunized against Diphtheria/Pertussis/Tetanus, Measles/Mumps/ Rubella, Polio, Hepatitis B, Varicella and Haemophilus Influenzae type B (HIB-Preschool requirement only). Children who are not fully immunized against these preventable illnesses are NOT allowed to attend school without a documented medical or religious exemption.

MEDICATION POLICY

Weston Public Schools policy requires that a parent/guardian and a licensed provider (either a physician or nurse practitioner) sign consent for medications (including inhalers) to be given by the nurse during school hours.

- **All medications must be brought to school by a parent/guardian or designated adult in the original pharmacy labeled container.**
- An individual medication plan will be developed and must be signed by both parent/guardian and nurse. Only a 30-day supply of medication may be kept at school. *No child is permitted to bring medications to school or carry medication in school with the exception of an inhaler, Epinephrine auto injector or if wearing an insulin delivery system (pump).* Students may carry their own inhaler &/or Epinephrine auto injector and/or insulin delivery system only after contacting the school nurse and providing a physician medication order form and parental permission form. Call your school nurse for more information.
- For short-term medications (less than 10 days), such as antibiotics, parental consent is required. However, the prescription on the bottle is sufficient for physician consent.

WHEN TO KEEP YOUR CHILD HOME FROM SCHOOL

- If your child has a fever of 100.0°F or above.
- If your child has a contagious illness such as chicken pox, strep throat, or flu.
- If your child has a skin rash or condition not yet diagnosed by a physician.
- If your child is vomiting or has diarrhea.
- If your child's eye is pink or red, itchy and/or drainage from the eye is present.
- If your child has an active case of head lice.

COMMUNICABLE DISEASE CONTROL

In order to insure adherence to Massachusetts immunization requirements, monitoring of infections and other diseases are important functions of the school nurse. The nurse works with parents, administrators, school staff, primary care providers, local and regional Boards of Health, school physicians and others to maintain a healthy school environment. Upon recommendation to administration, students may be excluded from school if immunizations are not up to date or if a student has a communicable disease such as chicken pox, pertussis, scabies, conjunctivitis, or novel Coronavirus.

IMPORTANT NOTICES

- If your child becomes ill while at school, they should report to the nurse's office after notifying their teacher or with a pass for students in grades 6-12 and every attempt will be made to contact a parent to make arrangements to take the child home if needed.
- Accidents on school premises are treated according to standard first-aid practices. The nurse will notify the parent/guardian if further treatment is needed.
- Injuries at school, if severe, will be handled as an emergency situation and local EMS will be called to take your child to the most appropriate receiving hospital. Parents will be notified immediately if an ambulance is called.
- If your child needs to be excused from physical education class, notification in writing is mandatory from both parent and physician. Written documentation is required for return to physical education class as well.
- **Parents are expected to keep emergency contact numbers up to date annually.** At the beginning of each year, parents/guardians are asked to complete an annual emergency form listing both home and work telephone numbers and the name and number of an authorized person who can act on their behalf in case of an emergency and the parent cannot be reached. If the information for yourself or other emergency contacts changes, please notify the school nurse immediately.
- Students who drive to school still need parent permission to be dismissed. The nurse and parent will decide if the student is able to drive safely home. A student who contacts his or her parent for dismissal without first being evaluated by the nurse will not receive a dismissal pass from the nursing staff.

STUDENT HEALTH RECORDS

An individual health record is kept on file for each student throughout his or her school career. This record includes a health history, immunizations, and physical exams, screening results, health office visits and medication administration logs. Parents are asked to communicate directly with the school nurse about student health concerns, medical reports and/or issues. Student health records are strictly confidential, and information will only be shared with other staff members on a need to know basis and/or with the expressed permission of the parents.

INDIVIDUAL HEALTH CARE PLANS (IHCP)

When a student has a specialized medical need or diagnosis which must be assessed, managed, and monitored during school, such as asthma, a life-threatening allergy, or diabetes, the nurse in collaboration with the parent will make an IHCP. This plan is based on the student's individual needs, medical history, and physician's order. The IHCP is then reviewed, signed by the nurse, parent and physician (when necessary) and then shared with appropriate need to know staff to ensure optimal integration of the student's health needs into the school setting. In some instances, an emergency medical plan is also developed to expedite identification and treatment of a student with a life-threatening diagnosis.

NURSE AS EDUCATOR

The school nurse teaches individual students, parents, and staff about health and wellness issues and strives to promote an understanding of student health needs. At the elementary level, school nurses may do formal classroom teaching on hand washing, dental health, hygiene and fifth grade growth and development to name a few. At the secondary level, the school nurse may work in collaboration with the health teacher to provide information and assist in presentations based on the needs of the student population. Parents/guardians and students are encouraged to reach out to the nurse not only for specific medical questions or concerns, but also in connection with all matters relating to student physical and mental health and welfare.

A physician's certificate is required for any student returning to school under the following conditions: an illness of three continuous days or longer, an operation, an accident, or any restrictions of activity such as students with a sling, cast, brace, splint or crutches. It is the responsibility of parents/guardians to share medical information they feel is important to the health and safety of their child with the transportation department and all before and after school programs/clubs, including sports teams.

Please note: Massachusetts offers free or low-cost health and dental insurance to all children and teens through age 18. If you need assistance with health insurance call your school nurse or Health Care for All at 1-800-272-4232 for more information or www.hcfama.org.

Weston Public School Nurses		Phone	Fax
Director Health Services	Jamy Gaynor, Ed.D., MS, RN, NCSN Field School M, T, W High School Th. & F	FS 781-786-5507 HS 781-786-5265	781-786- 5519 781-786-5839
Country Elementary School	Janet Weinstein, MSN, BSN, RN	781-786-5407	781-786-5419
Woodland Elementary School	Joseph Karbowski, MSN, BSN, RN	781-786-5307	781-786-5319
Field Elementary School	M, T, W Jamy Gaynor, Ed.D., MS, RN, NCSN Th. & F Jennifer Riggs, BSN, RN	781-786-5507	781-786-5519
Middle School	Denise Scherwzler, MSN, RN, NCSN	781-786-5620	781-786-5629
High School	Michelle Rizza, BSN, RN	781-786-5830	781-786-5839