



WELCOME TO THE EASTPLAIN HEALTH OFFICE!

School Nurse: Paige Bickerton, RN

Contact Information: Phone: 516-992-7610 Fax: 516-992-7605

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Immunizations: All students must have the following immunizations: 4-5 DPT, 3-5 Polio, 3 Hepatitis B, 2 MMR, and 2 Varicella in order to attend public school in New York State. I will need documentation of these **before school begins**. Please call me as soon as possible if there is a medical condition or religious objection that prevents completing this requirement, so you can receive the appropriate paperwork. This will need to be resolved before school begins.

Health History: If your child has a significant health condition, especially severe allergies, cardiac, or respiratory conditions, or will require medicine during the school day, please notify me. You may also choose to let me know if your child takes any medication daily at home, so that I can be alert for complaints that could be side effects.

Medications: ALL medications, even over the counter medications, require a doctor's order. A parent or a responsible adult must bring medication in to the Health Office. Students are not allowed to transport medicine.

Emergency Contacts: We ask that you provide 3 people *other than yourself* who can pick your child up from school if he or she needs to be sent home because of illness. Please make sure the phone numbers are up to date. The ideal people are relatives, close family friends, or neighbors, who are accessible during the school day, and live nearby (within a half hour). I will call any and all phone numbers listed for parents before I start to contact the emergency contacts.

Physicals/Screenings: All Kindergarten students are required to provide documentation of a physical examination (check-up) from their medical provider. These are due within 30 days from the start of school. Any physical performed within a year of the start of school will fulfill the requirement. Hearing & Vision (near, distance & color) screenings should also be done by your child's pediatrician. If the pediatrician does not fill out that portion of the form I will screen your child in school. ***All physicals must be on the required NYS School Health Examination Form (enclosed)***

Absence Calls: Please call my office by 9:30 if your child will be absent from school due to illness. **If your child can't attend, call 992-7610!** If you reach my voicemail, please leave the student's name, teacher, and reason for absence. ****Our computer system will automatically call you when your child is marked absent.** If you already called your child's absence in to my office, you can disregard the call.

Food Allergies: *Please notify me as soon as possible if your child has food allergies.*

Your child may be placed in a class where another student has a food allergy. You will be notified of this when you receive your child's class placement. Because snacks are eaten in the classroom, you may be asked not to send in certain foods that could cause a life threatening reaction. Please be aware that your child may eat anything at all in the cafeteria. Fruits and vegetables are wonderful healthy options for snack and are suggested and encouraged.

*It is also **very important** that your child is able to toilet himself or herself and clean themselves afterwards. *Please practice this over the summer so that your child can use the bathroom independently.* Please keep an extra change of clothes in your child's backpack just in case they have a bathroom accident in school.