



Memo from the Nurse's Office

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Welcome to St. Mark School! I am looking forward to working with you and your children this coming school year! Please review the following items carefully to help ensure a healthy and safe school year.

Health Concerns

Please inform your school nurse of any severe allergies or health concerns, if you have not done so already.

Peanut Aware Policy

St. Mark School is a **peanut/nut-free** school! Please below for more important information regarding this policy.

Medications

Per policy, no child is to take or carry ANY medications to school (this includes prescription and over the counter medications including inhalers and cough drops). If your physician orders a medication to be given at school a physician order is required for each school year in the form of a "Medication Authorization Form" which requires both a physician and parent signature. Forms are available in the nurse's office. Medications must be in the original container and brought to the nurse's office by an adult. Please be aware that if your child is prescribed an epi-pen it is mandatory that one be provided to the school.

Keeping Your Child Home From School

Students <u>must</u> stay home from school if they:	Students must remain home:
<ul style="list-style-type: none">Have a fever of 100.0 or higher	<ul style="list-style-type: none">For 24 hours after an elevated temperature returns to normal <u>without</u> anti-inflammatory medication (Motrin, Tylenol etc.)
<ul style="list-style-type: none">Have vomited in the past 24 hoursHave diarrhea more than once in the past 24 hours	<ul style="list-style-type: none">For 24 hours after episodes of severe vomiting and/or diarrhea; student should be able to eat a full regular meal without vomiting before returning to school.
<ul style="list-style-type: none">Have a severe sore throat with symptoms indicating possible strep throat	<ul style="list-style-type: none">After a throat culture positive for strep, if indicated by health care providerFor 24 hours after receiving first dose of medication with a diagnosis of strep throat, to prevent spread to other students
<ul style="list-style-type: none">Have conjunctivitis (pink eye) with discharge	<ul style="list-style-type: none">Following treatment as recommended by healthcare provider with physician note to return to school
<ul style="list-style-type: none">Have an active infestation of head lice	<ul style="list-style-type: none">Until they are adequately treated for head lice and are cleared by the school nurse in compliance with Stratford's "Nit-Free Policy"
<ul style="list-style-type: none">Have diagnosed (ie: ringworm, impetigo, fifth's disease, coxsackie, etc.) or an undiagnosed rashHave a skin wound, sore or lesion that appears infected, e.g. is red, swollen or draining fluid	<ul style="list-style-type: none">Until they are adequately treated for communicable illness or skin infection and assessed by the school nurse <u>or</u> have been assessed by a physician and determined to be non-communicableA physician's note may be required to return to school based on nursing judgment

Please leave a message with the main office in the morning if your child is to be absent. Include your child's name, teacher's name, and the reason for the absence. Please see the above table for information regarding when you should keep your child home from school.

PLEASE ALSO REFER TO: "COVID 19 "Daily Symptom Checklist and Exclusion Information" BELOW.

*****Any development of the above symptoms throughout the school day will require early pickup.*****

COVID 19 "Daily Symptom Checklist"and Exclusion Information

Prior to sending your child or children to school, you should be assessing his/her health status. If they have any of the following, they **should NOT be sent to school** AND you should **contact your child's physician**:

Fever -100.0 or above, Cough, Chills, Headache, Shortness of Breath/Congestion, Muscle or Body Aches, Loss of taste or smell, Sore Throat, Nausea/Vomiting, Diarrhea

We will be monitoring for any signs and symptoms of the COVID19 illness. **If your child needs to be sent home with fever or COVID19 related symptoms we will ask for you to contact your child's pediatrician and obtain a**

note from the doctor for your child to return to school. If a child tests positive for COVID19, they will be out of school for at least 10 calendar days.

Extra Clothing - Accidents happen! Milk spills, the playground gets muddy...even big kids have occasional bathroom accidents! Please consider keeping an extra pair of clothes (pants, underwear, socks and shirt) in your child's backpack in a Ziploc bag. This will prevent your child from missing classroom time, and you from missing time from work if the health office does not have clothing for your child to borrow in the event that they need a change of clothes.

Peanut/Nut Policy

St. Mark School adheres to a **TOTAL NUT FREE** policy through-out Grades PreK-8. The aim is to provide a safe & healthy school environment that takes into consideration the needs of all students, including those who may suffer from nut allergies. Parents are asked to **not send any nuts or nut products to school** to support the health and wellbeing of those students that are at risk of having an allergic reaction to nut products. In order to make this policy effective we are asking that parents please read the labels on food items that are being sent to school for snacks and lunch. Below you will find a list of common names of nut containing ingredients to assist in identifying nut containing products as well as a list of healthy and nut-free lunch and snack choices.

COMMON NAMES OF PEANUT/TREENUT CONTAINING INGREDIENTS LISTED ON FOOD LABELS

Almond	Ginko nut	Nut pieces
Arachis oil	Goobers	Peanuts
Artificial nuts	Ground nuts	Peanut butter
Beechnut	Hickory nut	Peanut flour
Beer nuts	Litchi/lychee/lychee nut	Peanut protein hydrolysate
Brazil nut	Macadamia nut	Pecan
Butternut	Marzipan/almond paste	Pesto
Cashew	Mixed nuts	Pili nut
Chestnut	Monkey nuts	Pine nut (<i>also referred to as Indian, pignoli, pignolia, pignon, pinon, and pinyon nut</i>)
Chinquapin nut	Nangai nut	Pistachio
Coconut	Natural nut extract (<i>e.g., almond, walnut</i>)	Praline
Cold pressed, expeller pressed or extruded peanut oil	Nut butters (<i>e.g., cashew butter</i>)	Shea nut
Filbert/hazelnut - Nutella	Nut meal	Walnut
Gianduja (<i>a chocolate-nut mixture</i>)	Nut meat	
	Nut oils (<i>e.g., walnut oil, almond oil</i>)	
	Nut paste (<i>e.g., almond paste</i>)	

Peanut and/or tree-nuts are sometimes found in the following:

African, Asian (*especially Chinese, Indian, Indonesian, Thai, and Vietnamese*) and Mexican dishes

PEANUT FREE-SNACK IDEAS

Fruits/Vegetables

Any fresh fruit
Applesauce/Fruit cups (NOT DEL MONTE)
Raisin, Craisins, and other dried fruits
Fresh vegetables
Vegetable Dips
Salad and most dressing

Cereals

Cheerios (NOT Honey Nut or Frosted)
Chex (rice, corn, wheat)
Cinnamon Toast Crunch
Corn Flakes
Crispix
Frosted Mini- Wheats
Kashi (Go Lean Crunch, Good Friends, Cinnamon Raisin, Heart to Heart)
Kix
Life (NOT Vanilla Yogurt Crunch)
Wheaties

Cheese/Dairy

Yogurt in individual cups or tubes
Pudding in individual cups, cans or tubes
String Cheese or other cheeses
Drinkable yogurt or smoothies
Cottage Cheese

Cookies/Crackers

Triscuits, Wheat Thins, Vegetable Thins
Ritz crackers (not ritz bits or sandwiches)
Town House, Club, Toasteds
Cheez-Its, Cheese Nips, Better Cheddars
Saltines, Oyster Crackers
Wheatables, Air Crisps, Munch'ems
Keebler Snack Stix
Brenton brand crackers
Goldfish crackers
Graham crackers, Graham cracker sticks
Teddy Grahams
Animal Crackers (Austin, Zoo, Barnum)
Oreo cookies – regular

Other Items

Small bagels (Lenders or Thomas)
Most fruit snacks
Popcorn
Nutrigrain cereal bars/yogurt bars
Special K bars (NOT honey nut)
Special K snack bites
Fig Newtons
Rice Cakes (NOT Quaker brand)
Newman's Own, Pepperidge Farm, Rold Gold
Pretzels
Cheez-It Party Mix/Munchie Party Mix
Kellogg's brand Rice Krispie Treats (original)Sun Chips
Yogos/Yogo
Lunch meat and nut-free bread
Sun Butter or WOW Butter (peanut butter alternatives)

