

NSHS HEALTH OFFICE GUIDELINES AND GENERAL INFORMATION

IMMUNIZATIONS

NYS Public Health Law requires 12th graders to provide proof of immunization against Meningococcal ACWY. All new entrants must provide proof of immunizations against Diphtheria, Pertussis, Tetanus, Measles, Mumps, Rubella, Poliomyelitis, Hepatitis B, Meningococcal ACWY and Varicella for your child to attend school.

HEALTH EXAMINATIONS

Students in grades 9, 11, and new entrants into the district in any grade must submit a health certificate (physical exam form) on the: [Required NYS School Health Examination Form-5:2023.pdf](#) within 30 days of starting/entering school. A dental certificate is also requested. The required forms are available from the school nurse and may be downloaded from the school's website. If the required certificate/form is not submitted within the specified time limit, the student will be scheduled for a health appraisal from the school physician. This appraisal is not intended to serve in lieu of a complete physical examination by the family physician. Should changes occur in the health status of your child during the school year, you are requested to communicate this information to the School Nurse.

HEALTH SCREENINGS

The school nurse conducts screening for hearing and vision for students in grades 9th, 11th, and new entrants into the district in any grade. Scoliosis screening is performed for boys in 9th grade only. After each screening, parents will be contacted if additional follow-up or referral is indicated.

ILLNESS

Illness Guidelines:

In order to make North Shore High School a healthy environment for everyone, please adhere to the following guidelines. If your child is coming down with a cold or other illness, please be considerate of others in the classroom and keep your child home during the earliest contagious stages. Our school guidelines state you should not send your child to school if they have a fever (temperature of **100.0 °F** and above), vomiting or diarrhea in the past 24 hours, a communicable illness such as conjunctivitis, Covid-19, strep throat, a bad cold with a very runny nose, flu-like symptoms or a persistent cough. **If a student is prescribed an antibiotic for a communicable illness, they must have taken it for 24 hours before returning to school.**

In the event your child becomes ill in school, you will be called to pick up your child. Please have updated contact information in the health office and childcare available in the case of illness. **Your child may return to school when they are fever free for 24 hours (1 full school**

day) without fever reducing medication and/or vomiting/diarrhea free for 24 hours (1 full school day). For example, if your child has a fever or vomits in school on a Monday, he/she cannot come back to school until Wednesday provided they have been fever free or vomiting free all day on Tuesday.

Please contact the school nurse if your child has been diagnosed with a communicable illness such as Covid-19, strep throat, flu, conjunctivitis, lice, ringworm, mononucleosis, coxsackie, chicken pox, Fifth's disease, etc.

ABSENCE

If a student is going to be absent from school for all or part of a day, the parent/guardian is responsible to call the attendance office at 277-7020 or 277-7016 the morning of the absence. If you are going to be away for a family function, vacation, etc., please notify the attendance office as well.

RETURN TO SCHOOL AFTER SERIOUS ILLNESS OR INJURY

A MD/provider note is required for a student who is returning to school after a serious illness, 3 consecutive absences, hospitalization/surgery or serious injury including any orthopedic injury. It should include instructions about the following: limitations regarding physical education/recess, modifications in daily classroom schedule and assistive devices aiding in the student's recovery such as crutches, boots, casts, slings, wheelchairs, walkers, orthopedic scooters, etc. No student may attend school with crutches, walker, wheelchair or orthopedic scooter without a MD/provider note. Instructions should specify duration of time/dates the limitations are in effect.

A student may NOT participate in P.E. or recess with any type of supportive device, such as a cast, ace bandage, splint, boot, brace, etc.

****A MD/provider note is required for an absence longer than 3 days due to illness in order for a student to return to school.**

PHYSICAL EDUCATION/RECESS EXCUSE PARENT NOTES

If you find it necessary for your child to be excused from physical education because of an illness or injury, please send a parent note to the health office with the date, reason and duration of excuse. If they are unable to participate in P.E. they will also be excused from any physical activity included but not limited to sports events and certain field trips etc. If an excuse is longer than 5 days, a MD/provider note is required.

MEDICATION ADMINISTERED DURING SCHOOL HOURS

When either a **prescribed or over-the-counter (OTC) medication** MUST be taken during school hours, a medication form is to be completed by a MD/provider and signed by the parent/guardian. Forms can be obtained from the school nurse or downloaded from the school's website. Students cannot carry any medication, including OTC, to or from school. Medications must be delivered to the health office by a parent/adult designee, unless the student has an independent carry order in place. Prescription medication must be FDA approved & in the original, labeled, pharmacy container. OTC medication must be in its sealed, original container. All medications must have expiration dates that last throughout the school year. If a student's medication, including epinephrine auto-injectors and inhalers, are expired, missing a MD/provider order, or no medication is provided, 911 will be called in the event of an emergency during school hours including field trips. Medication orders must be renewed by a MD/provider annually. * Please note, OTC medications/products include cough drops, bacitracin, calamine lotion, hydrocortisone cream/spray, hand lotion, etc.. **Bug spray **cannot** be applied at school as it is considered an insecticide in NYS. Please apply at home prior to any outdoor field trips.

***Sunscreen should be applied at home prior to school.

DRESS CODE

Students shall wear clothing appropriate for activities they are engaged in and suitable for the weather. Students have access to our courtyard. Please encourage students to dress appropriately and to refrain from going outside during temperatures less than 20°F. Students should wear appropriate clothing for the weather such as pants/tights, hat, gloves and warm jackets. In the warmer weather, footwear that is a safety hazard such as flip flops, sandals or strapless sandals is not permitted.

As per North Shore Schools policy, students and their parents have the primary responsibility for acceptable student dress and appearance. A student's dress, grooming and appearance shall:

- Be safe, appropriate and not disrupt or interfere with the educational process for them or for others
- Recognize that garments such as tube tops, mesh tops, halter tops, bare midriffs and see-through garments are not appropriate
- Please ensure that undergarments are completely covered with outer clothing
- Clothing should not include any vulgar, obscene content or denigrate others on account of race, color, religion, creed, national origin, gender, sexual orientation or disability
- FOOTWEAR IS TO BE WORN AT ALL TIMES

Students who violate the dress code shall be required to modify their appearance by covering or removing the offending item and if necessary, replacing it with an acceptable item.

On Physical Education days, appropriate gym attire is required for participation. Have your child prepared with sneakers and appropriate pants/shorts.

IMPORTANT PHONE NUMBERS/CONTACT INFO:

Sophia Amorgianos RN, North Shore High School Nurse
amorgianoss@northshoreschools.org

Jean Betzios, RN North Shore High School and Middle School Nurse
betziosj@northshoreschools.org

Office # 277-7010, 277-7011, 277-7013;

fax# (516) 277-7012

North Shore High School Main Office 277-7001

Attendance 277-7020, 277-7016