



A HEALTH FLYER FOR PARENTS & GUARDIANS

School ATTENDANCE COUNTS...EVERY day, ALL day! When students miss too many days of school, they fall behind and struggle to keep up with their classmates. Whether the days missed are due to illness, truancy or for any other reason, the end result for the student is the same — learning time is lost. Children and adolescents will get sick at times and may need to stay at home, but we want to work with you to help minimize the number of days your child misses school.

Missed Days Add Up Quickly!

- Just a few missed days a month adds up to several school weeks missed in a year.
- Both excused and unexcused absences can make it more difficult for your child to keep up with other students, especially in math and reading.
- Kindergarten and first grade are critical for your child. Missing school during these early years makes it more difficult for children to learn in later years and they often have trouble reading by the end of third grade.

Work with Your Child and Your School

- If your child has a chronic disease, make sure that the school nurse is aware of the disease so they can assist your child if they become ill. Information about your child's chronic disease should be noted on the school emergency or health information card.
- For students with Asthma: In order for your child to have medication administered in school, your doctor will need to complete an Asthma Action Plan. Make sure that all supplies (inhaler, spacer, etc.) needed to manage your child's asthma are at the school.
- For students with Diabetes: If your child has diabetes, the school needs a Diabetes Management Plan completed by the doctor. Make sure all supplies (insulin, blood sugar meter, test strips, etc.) needed to manage your child's diabetes are at the school.
- For students with Anaphylactic Allergies: For the use of emergency medication for your child, the school needs a completed Allergic/Anaphylactic/Action Plan completed by the doctor.
- **Keep an open line of communication with school staff and teachers. The more the school knows about your child's health, the better prepared everyone will be to work together for your child.**

Helpful Ideas:

- Make appointments with the doctor or dentist after school hours so your child misses as little school as possible.
- If your child must miss school, make sure you get his or her homework assignments and follow up to see if the work is completed and turned in.
- Call the school as soon as you know your child will be absent, and tell school staff why your child will be out and for how long.
- Be prepared to get a doctor's note when requested by school personnel.
- If you need medical advice after business hours, most doctors' offices have answering services 24 hours a day.
- If your child has an emergency, call 911.

School Nurse Contact Information

Arthur Rann	Ms. Colleen Smith	609-748-1250, x4366	smithc@gtps.k12.nj.us
Reeds Road	Ms. Michael-Lin Pizzuto	609-748-1250, x1511	pizzutom@gtps.k12.nj.us
Roland Rogers	Ms. Melissa Finnegan	609-748-1250, x2040	finnegam@gtps.k12.nj.us
Smithville	Ms. Sara Fryer	609-748-1250, x4606	fryers@gtps.k12.nj.us
Pomona Preschool	Ms. Lauren Hepkin	609-748-1250, x4405	hepkinl@gtps.k12.nj.us
Galloway Twp Middle School	Ms. Helene Smith	609-748-1250, x5029	smithhelene@gtps.k12.nj.us

WHEN SHOULD I SEND MY CHILD TO SCHOOL?

Symptoms and Illnesses	Should My Child Go to School?
Chronic Diseases (Asthma, Diabetes, etc.) Chronic disease is a long-lasting condition that can be controlled but not cured.	YES – Your child should attend school. School personnel are trained to assist your child with his or her chronic disease and needs. Please communicate with your child's school nurse.
Child Doesn't Want to go to School Frequent crying, fear, anger, not wanting to socialize, behavior change, stomach ache, nausea (These can be signs of depression, anxiety, post-traumatic stress, or fear.)	YES – You should keep your child in school, but try to determine what is causing the changes. Talk to school personnel and consult a health care provider.
Head Lice – Nits Only Intense itching of the head; may feel like something is moving	YES – Your child can be in school if they had an initial treatment of shampooing of hair with a product for lice.
Strains, Sprains and Pains	YES – If your child is able to function (walk, talk, eat) they should be in school. If pain is severe keep your child home and consult a healthcare provider. Students require a doctor note to be excused from physical education for more than (1) day.
Menstrual Issues	YES – Most of the time menstrual (period) issues should not be a problem. If they are severe and interfering with your child attending school, consult with a health care provider. Please ensure your child has the needed supplies.
Cold Symptoms (COVID Symptoms) Stuffy nose/runny nose, sneezing, headache, fatigue, sore throat, mild cough	MAYBE - If your child was previously exposed to COVID and has ONE of these symptoms, stay home and contact the school nurse.
COVID Positive	NO – Keep your child home and contact the school nurse.
Fever Fever usually means illness, especially if your child has a fever of 100.4	NO – If your child has a fever of 100.4 or higher, keep them home until the fever is below 100.4 for 24 hours without the use of fever reducing medication. Contact the school nurse.
Diarrhea Loose or watery stool	NO – If stool is bloody, your child has abdominal pain, fever, vomiting, or not drinking fluids, you should consult a health-care provider. Keep your child at home until the diarrhea has stopped for 24 hours without medication to prevent diarrhea.
Vomiting Child has vomited within a 24 hour period.	NO – Keep your child at home until the vomiting has stopped for 24 hours without medication to prevent vomiting. If vomiting continues, contact a healthcare provider.
Coughing/Congestion/Runny nose Excessive and persistent, wheezing, or difficulty breathing – If mild and has additional cold symptoms above, keep home.	NO – Keep your child home and contact the school nurse. Asthma - if symptoms are due to asthma, provide treatment according to your child's Asthma Action Plan and when symptoms are controlled send your child to school.
Conjunctivitis (Pink Eye) The white of the eye is pink and there is a thick yellow/green discharge.	NO – Keep your child home and contact your healthcare provider. Child will need a doctor's note to return to school and/or student will need to be symptom free.
Rash	NO – If a rash spreads quickly, is not healing, or has open weeping wounds, keep your child at home and see a health care provider. Child may return to school when written medical clearance is obtained or rash clears.
Strep Throat Sore throat, fever, stomach ache and red, swollen tonsils	NO – Keep your child at home for the first 24 hours after an antibiotic is begun. Provide school with doctor's note to return.
Head Lice – Live Lice Intense itching of the head; may feel like something is moving	NO – Keep your child home to treat lice. Contact the school nurse to report the live lice. Child can return to school after treatment when live lice is not present. Bring your child to school the following day to have your child's head checked by the school nurse.
Vaccine Preventable Diseases Chicken Pox, Measles & Rubella (German Measles), Mumps Pertussis (Whooping Cough)	NO – Keep your child at home until a healthcare provider has determined that your child is not contagious. Contact the school nurse to report your child's diagnosis.

NOTE: If your child has been sent home from school, please follow the school nurse guidance for when to return to school for the safety of your child and others.