

## Reminders from the Health Office

We want to ensure that all of our children are healthy and safe so they are able to participate in all school activities. Below are some helpful reminders to help keep your children safe, healthy and happy!

- **During the cold snowy months** of winter it is important for students to wear appropriate “**SNOW**” outerwear for outdoor recess:
  - o Snow boots
  - o Snow pants and jackets
  - o Hat and waterproof gloves/mittens
  
- **When your child is ill** before returning to school they must be fever (100 or higher) free without medication for 24 hours. Also, if have had vomiting or diarrhea must be symptom free for 24 hours. The complete “Guidelines for Keeping Your Child Home from School” is available on the BCS website under the Health and wellness section.
  
- **Physical exams** are required by NYS law for children entering this school system for the first time and all children in grades K, 2, 4, 7 and 10.
  - o Current 2<sup>nd</sup> and 4<sup>th</sup> grade students should have already had physical exams and documentation sent to Health office. If you have not done so please send immediately.
  - o 1<sup>st</sup> and 3<sup>rd</sup> grade students should have physical exam prior to entering 2<sup>nd</sup> and 4<sup>th</sup> grades in September 2011. Any physical exam performed after September 7<sup>th</sup>, 2010 is acceptable for the coming school year. Please forward documentation to health office.
  
- **Immunization requirements for 5<sup>th</sup> grade students** New York State law requires evidence of vaccinations. The following immunizations are required prior to entering 6<sup>th</sup> grade.
  - o **1 Tdap** (tetanus, diphtheria and pertussis booster) which should be given at 10 or 11 years of age.
  - o **1 Varicella** which should have been given after child's 1<sup>st</sup> birthday

All health forms can be downloaded from the BCSD website:

<http://bcsd.k12.ny.us/>

Please contact the Health office with any questions or health concerns.

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Slingerlands School Nurse

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