

# Netcong School Health Services

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A little about your school nurse

Before working in Netcong I spent the for past 20 +years at Morristown Medical Center, most recently in the pediatric Emergency Room. I live local in Byram with my husband, 3 children and dogs Harley and Doc. On the weekends, I love to hike with my dog Harley on the Byram Trails and attend my kids sporting events! In the summer I enjoy lake living in Forest Lakes! The thing I look forward to most here at Netcong is getting to know the students more each day!

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## Reporting Absences

Please call (973) 347-0020 x 110 or email [smccall@netcongschool.org](mailto:smccall@netcongschool.org) to notify me of your child's absence. Please list their name, grade, and reason for absence (illness, vacation, family, etc.). Please refer to the attendance policy in the parent/student handbook for excused absences.

## Stay Home When Sick

In order to keep our community healthy, please keep your child home when sick. Students who have had a fever are required to stay out of school for 24 hours after symptoms have stopped without the use of fever reducing medications. Any episodes of vomiting in the past 24 hours and/or if they have had 2 or more episodes of diarrhea in the past 24 hours please keep your child home. Please keep them out when in doubt, and call me with any questions. You can also click on the link for NJ School Exclusion List. After diagnosis of highly contagious infections, students may return after 2 doses of antibiotics and looking and feeling well. Suspicion of pink eye due to drainage will be sent home and requires 2 doses of drops for return to school. Per CDC, quarantine for Covid is no longer recommended, please follow current guidelines for illness when deciding whether or not to send your child to school.

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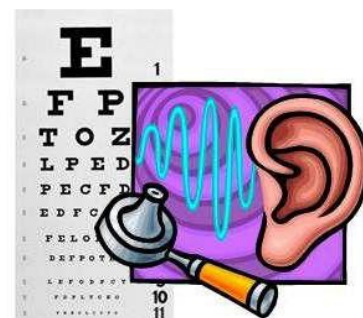
## Health Screenings

All students K-8 are required to be screened annually for height, weight, and blood pressure.

Vision screenings are recommended to be done every other year beginning in kindergarten.

Hearing screenings are recommended to be done annually from K-3rd and in 7th grade.

Scoliosis screenings are recommended to be done between 5th and 7th grade



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## Pre-k Requirements

- Physical within 365 days of the first day of school (filled out Universal Health Record)
- Dental Screening (can be done by pediatrician)



- Up to date vaccinations
- DTap x4 Polio x3 HIB x3 or 4 PCV x3 or 4 MMR x1 Varicella x1
- Yearly Flu Shot (between September and December)

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## pre-k and Kindergarten Requirement links

### **k12\_parents immunization chart.pdf**

[Download](#)

250.5 KB

### **UHC form.pdf**

[Download](#)

48.2 KB

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## Kindergarten Requirements

- Physical within 365 days of the first day of school (filled out Universal Health Record)
- Dental Screening (can be done by pediatrician)
- Up to date vaccinations
  - DTap x5
  - Polio x4
  - Hep B x3
  - MMR x2
  - Varicella x1



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## 6th Grade Requirements

All students entering the 6th grade in NJ are required to have up to date vaccinations including Menactra and Tdap. These are typically given at 10 or 11 year old well visits.



<https://www.cdc.gov/vaccines/hcp/vis/vis-statements/tdap.pdf>

<https://www.cdc.gov/vaccines/hcp/vis/vis-statements/mening.pdf>

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## Sports Requirements

Any student wishing to play a sport, interscholastic or intermural, must have a physical completed within 365 days of the first day of practice. If you have had a physical within 365 days, but more than 3 months ago, please complete the health update form. The completed physical is due 1 week prior to the start of practice as the school physician must sign off on it. Students and parents are also required to complete and sign the following forms: concussion form, opioid fact sheet, sudden cardiac death sign off sheet. It is the students responsibility to have these forms completed prior to the first day of practice. If a physical is not up to date and if a form is missing your student will not be allowed to play per NJ law.



Forms for Interscholastic Sports

(Packets available in Nurse's office upon request)

**athleticphysicalsform.pdf**

[Download](#)

1.2 MB

**SportsRelatedEyeInjury.pdf**

[Download](#)

1.1 MB

**Opioid Use and Misuse Digital Signature.pdf**

[Download](#)

79.5 KB

**Concussion Fact Sheet and Acknowledgemt Form.pdf**

[Download](#)

142.6 KB

**Sudden Cardiac Death in Young Athletes Pamphlet.pdf**

[Download](#)

3.8 MB

**Sudden Cardiac Death In Young Athletes Brochure - Spanish.pdf**

[Download](#)

1.4 MB

**Sudden Cardiac Death Digital Sign-Off.pdf**

[Download](#)

136.9 KB

must have an annually completed doctor signed Treatment Plan. Below are Templates you can give to your doctor or you may use your doctors printed plan. Any Medications associated with the plan must also have separate doctors orders (see below). In the case of inhalers or Epi pens, please have doctor specify if student can carry and administer to self.

### **AAP\_Allergy\_and\_Anaphylaxis\_Emergency\_Plan**

[Download](#)

202.9 KB

### **Asthma-Treatment-Plan**

[Download](#)

1.5 MB

### **Diabetes Medical Management**

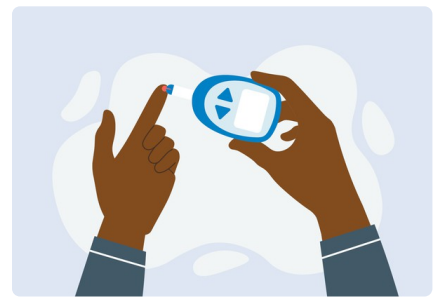
[Download](#)

753.5 KB

### **GENERAL Seizure Action Plan**

[Download](#)

248.4 KB



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## Medications to be given during school hours

Only Parental Permission required for Acetaminophen, Ibuprofen and Pepto Bismol. Please fill out the bottom of medication permission request and return to Nurse. These medications are stored in the nurses office.

All daily or as needed medications given during school hours (other than Acetaminophen, Ibuprofen and Pepto Bismol) must have a physician signed order with clear instructions. The medication must be given directly to the school nurse and it must be in its original container with the below Medication request form.



**Medication\_Permission\_Request\_Form (4).pdf**

[Download](#)

61.8 KB

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## Water Bottles and Snack Time

Please remember to send a refillable water bottle in with your child. We do have water fountains to refill and plastic cups are available. Unfortunately, the nurse does not have water bottles to supply to the students.



For those classes that have snack time, the Nurse has a limited supply of snacks for when a student forgets. Please remember to send in snack if your teacher has requested it. For those that need assistance in providing snack for their child, please call the school nurse and we can make arrangements.

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## Classroom Celebrations

**Unfortunately it is against school policy to bring in food or snacks for your class!**

**Please see page 18 of our Parent/Student handbook:**

### Parent Student Handbook 23-24.pdf

[Download](#)

844.9 KB





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## Help with Healthcare

<https://njfamilycare.dhs.state.nj.us/>

**Morris County Health Department (Morris County Residents)-**

<https://www.mountlivetwpnj.org/public-health-services/pages/public-health-nursing>

Free vaccines administered to school-aged children and teens (through 18 years old) who have no insurance or have NJ Family Care A. Appointments required

For an appointment, call (973) 691-0900 ext. 7330 for more information



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## ARE YOU HOMELESS OR IN DANGER OF BECOMING HOMELESS?

As well as the School Nurse, I am also the Homeless Liaison

[smccall@netcongschool.org](mailto:smccall@netcongschool.org)



973-347-0020 ext. 110

If you are in immediate need of resources

<https://www.familypromisemorris.org/>

<https://www.morriscountynj.gov/Departments/Human->

[Services/Navigating-Hope](#)

[findhelp.org](#)



**Susan McCall, RNC, BSN**

Contact by email [smccall@netcongschool.org](mailto:smccall@netcongschool.org) or phone (973) 347-0020 ext. 110

Contact