

Happy New School Year!



Term: Fall | Let's have a positive inFLUence on our school | Month: October 2017

HEALTH FORMS

Required Health Forms for ALL Scholars/Grades:

- New Jersey State's Child Health Record (CHR) [physical form]
- Up-to-date Immunization record
- Emergency Care Plans (for individuals with Asthma, Allergies, Diabetes, or Seizure)

Required Health Forms for K & Transfer Scholars in every grade:

- New Jersey State's Child Health Record (CHR) [physical form]
- Up-to-date Immunization record
- Health History Form (2-sided)
- 2 Consent Forms
- Dental Form

As per state law any missing forms or immunizations may lead to exclusion from school.

PLEASE SUBMIT ALL REQUIRED PAPERWORK AS SOON AS POSSIBLE

Letter to Parents & Guardians

Dear Cresthaven Academy Parents/Guradians,

Welcome to the 2020-2021 school year! The past months have been extremely challenging, different, and unexpected. It is with this in mind that I bring you this Fall's Health Newsletter.

In this Newsletter you will find information about the state of New Jersey's and our school's required Health Forms, immunization requirements, COVID-19, and other health-related information.

Please reach out to me with any questions.

jadekola@cresthavenacademy.org
973-432-0910

OFFICE INFORMATION

Nurse: Janet Adekola, BSN, RN

Schedule:

Days: Monday - Friday

Time: 8:00am - 3:00pm

A school nurse is responsible for the care of students and faculty during the course of the day and school sponsored events. The nurse's role ranges from taking care of students during the school day with medical conditions, fall ill, or get hurt. The nurse also is responsible for health paperwork, health screenings, and several other tasks as well.

KEY DATES

Monday, August 31, 2020- Remote Learning Begins

Friday, September 4, 2020- ALL HEALTH FORMS DUE

GENERAL INFORMATION

Immunization Requirements:

Diphtheria, tetanus & acellular pertussis (DTaP)- 4 doses with one on or after the 4th birthday
OR any 5 doses

Inactivated Polio (Polio- IPV)- 3 doses with 1 on or after the 4th birthday OR any 4 doses (lab evidence of immunity is acceptable)

Measles, mumps, rubella (MMR)- 2 doses (lab evidence of immunity is acceptable)

Varicella (VAR)- 1 dose on or after the 1st birthday (lab evidence of immunity is acceptable)

Hepatitis B (Hep B)- 3 doses (lab evidence of immunity is acceptable)

Influenza Vaccine (Flu vaccine)- Not required, but recommended

If your child has a medical diagnosis (Asthma, Allergies of any kind, Chronic headaches/migraines, Epilepsy, Diabetes, or another condition please make sure to tell Nurse Adekola.

If he/she is taking medication or needs emergency medication, please ensure that all required documents have been filled out by the physician and brought to school BEFORE or with the Medication.

Medication CANNOT be given without the proper forms.

Inspirational Quote:
"Education is our passport to the future, for tomorrow belongs to the people who prepare for it today."
- Malcolm X

Coronavirus (COVID-19)

SYMPTOMS OF COVID-19:

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills (100.4° F/ 38° C or greater)
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

HOW TO PROTECT YOURSELF AND OTHERS:

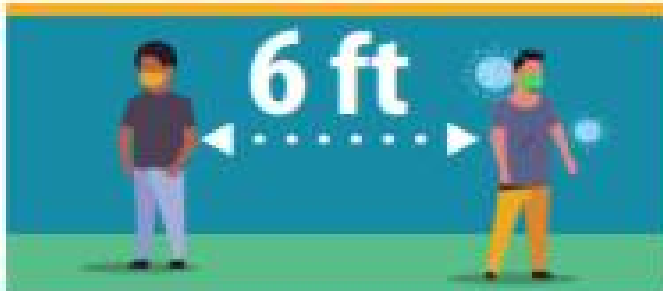
1. Wash Hands Often-
Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
2. Avoid close contact-
Stay at least 6 feet (about 2 arms' length) from other people
3. Cover your mouth and nose with a mask when around others-
Everyone should wear a mask in public settings and when around people who don't live in your household
4. Cover coughs and sneezes-
Wash hands immediately after
5. Clean and disinfect-
Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
6. Monitor your health daily-
Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
7. If sick or you think you are sick, stay home-
Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.

REFERENCES

- https://nj.gov/health/cd/documents/imm_requirements/k12_parents.pdf
- https://www.nj.gov/health/cd/documents/imm_requirements/vaccine_qa.pdf
- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

Stop the Spread of Germs

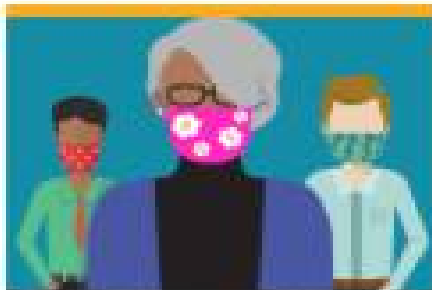
Help prevent the spread of respiratory diseases like COVID-19.



Stay at least 6 feet
(about 2 arms' length)
from other people.



Cover your cough or sneeze with a
tissue, then throw the tissue in the
trash and wash your hands.



When in public,
wear a mask over your
nose and mouth.



Do not touch your
eyes, nose, and mouth.



Clean and disinfect
frequently touched
objects and surfaces.



Stay home when you are sick,
except to get medical care.



Wash your hands often with soap
and water for at least 20 seconds.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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Detenga la propagación de gérmenes

Ayude a prevenir la transmisión de enfermedades respiratorias como el COVID-19.



Mantenga al menos 6 pies (aproximadamente la longitud de 2 brazos) de distancia de otras personas.



Cúbrase con un pañuelo desechable la nariz y la boca al toser o estornudar, luego bótelos en la basura y lávese las manos.



Cuando esté en un lugar público, use una cubierta de tela para la cara sobre su nariz y boca.



Evite tocarse los ojos, la nariz y la boca.



Limpie y desinfecte los objetos y superficies que se tocan con frecuencia.



Quédese en casa cuando esté enfermo, excepto para recibir atención médica.



Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos.



cdc.gov/coronavirus-es