



CVESD Health Services Annual Health Notification

As we start the school year, let us welcome you and your family to the Chula Vista Elementary School district. Parents play a vital role in the success of our efforts, so please continue to make sure your child attends school daily, on time and ready to learn. Your student's school can provide information you need about schedules and important safety rules and regulations. We want you to be aware of the Health Requirements that our district follows. Many forms and health information can be found on the district website at www.cvesd.org/community/health

Health Screenings:

Hearing and vision screenings will be provided, as required by state law for all students in grades TK/K, 2, 5, 8; color vision screening for all boys in second grade or later if not previously screened; New students and students referred by parents or school personnel may also be screened. Contact your school nurse or principal regarding excluding your child from any of these screenings.

Immunizations:

State law requires that students be immunized against certain diseases unless they are exempt for medical reasons. At the time of registration, the school is required to have proof that your child has received all currently due immunizations. The district participates in the San Diego Regional Immunization Registry (SDIR), a confidential, countywide computer system that keeps track of immunizations (shots). Check with your pediatrician, family physician, or medical clinic to make sure your child is fully immunized. Your child will be excluded from attending school if these requirements are not met. Refer to online enrollment for which immunizations are needed. Per SB 277, as of January 1, 2016, parents or guardians of students in any school or child care facility, whether public or private, are no longer allowed to submit a personal beliefs exemption to currently required vaccines. Medical exemptions require documentation from a licensed physician (MD/DO).

K-1 Dental Exam (OHA):

An Oral Health Assessment (OHA) by a licensed California dental health professional is required for children entering public school for the first time (at transitional kindergarten, kindergarten, or first grade). The OHA must be completed and returned to the school by May 31 of the year of entry. Assessments done 12 months prior to school entry also meet this requirement. Obtain the form from the school or your dental health provider. Parents or guardians may sign a waiver of this requirement, which is found on the OHA form. There is no penalty or exclusion if this requirement is not met. The parent or guardian can call 1-619-692-8808 for assistance in finding a provider for the OHA.

Physical Exam California's Child Health and Disability Prevention (CHDP) Program:

This requires all school aged children to have a physical exam on record with the school. Please submit a copy of your child's medical checkup to the school when you register for kindergarten or as soon as it is completed during the kindergarten year. The health exam meets the requirement if completed within 18 months of starting 1st grade. You are required to obtain this exam by 1st grade entry to make sure that your child is healthy and ready to learn. Parents or guardians needing assistance in meeting this requirement may call 1-619-692-8808. If a physical exam is against your personal beliefs, you must sign a CHDP waiver. Students who have not met this requirement by the appropriate date may be excluded from school attendance for up to five days.

Pediculosis Policy (Head Lice):

The problem of head lice (pediculosis) is ongoing and can be difficult to control at home and at school. Even though head lice and nits (eggs) are not a threat to health, they are a frustrating nuisance. Prompt treatment of students with a positive diagnosis of head lice ensures minimal disruption of their education. When a student is identified as having head lice, the student will be sent home at the end of the school day for treatment. It is the responsibility of the parent to treat and control head lice infestation. Key to success in controlling head lice, with small chance of recurrence, is in the removal of all nits after the use of the pediculicide. After treatment at home, it is mandatory for the student to return to school the next day, via the health office, for inspection. The student may return to class provided the head lice have been



treated and there are no live lice in the hair, even if nits (eggs) are still present. Parents are encouraged to continue removing nits until the problem is resolved. There is no evidence that mass screening (school-wide or whole classrooms) helps to control head lice infestation or reinfestation. Parents or guardians are encouraged to incorporate inspecting their child's hair as part of their regular hygiene routine and to instruct their children on the importance of not sharing personal items with other people. The School Attendance Review Board may intervene in case of noncompliance or chronic infestations requiring repeated exclusions from school.

Control of Communicable Diseases:

The district is required to cooperate with the County of San Diego Health and Human Services Agency to prevent and control communicable diseases in school age children. When there is good reason to believe a student has a contagious or infectious disease, the parent or guardian will be contacted, and the student sent home. The student may return to school when well and/or released by a physician. If there is reason to believe a student is suffering from a recognized contagious or infectious disease, the student will be excluded from school until school officials are satisfied that the student no longer has the contagious or infectious disease.

Medication Administration, Health Care Procedures, and Specialized Diets:

The California Education Code states that any student who is required to take medication prescribed by a physician during the regular school day, may be assisted by the school nurse or other designated school personnel if the district receives: 1. A written statement from the CA-licensed physician detailing the method, amount and time schedules that the medication is to be taken and 2. a written statement from the student's parent or guardian authorizing the school district to administer the medication. (E.C. 49422, 49423) All medications must be in the original pharmacy container with the original prescription label adhered to the container. Students may carry and self-administer prescription auto-inject- able epinephrine and asthma inhalers if certain requirements are met.

Parents/guardians who request school staff members to administer medications, perform health care procedures, or assist with specialized diets at school for their child, must recognize that school health personnel will communicate with that student's prescribing health professional if the school requires clarification about orders.

No prescription or over-the-counter medications, vitamins, herbs, or alternative medications may be carried by students on their person, in a backpack or other container except as indicated above and with the express knowledge and permission of the school nurse. Contact the school nurse if you have questions. Forms for medication administration are available at your child's school and on the website at www.evesd.org/community/health

Medication at home: The parent or guardian of a student on a continuing medication regimen at home is required to inform the school nurse or other designated school employee of the medication being taken, the current dosage and the name of the supervising physician. The information is gathered annually on the Emergency Health Information form distributed at the beginning of each year. Notification is required to your child's school when new medications are started or changed at any time during the school year.

Adolescent Growth Education (AGE):

AGE is taught to girls in grade 4 and all students in grades 5 and 6. Parents have opportunities to preview AGE instructional and audio-visual materials at the beginning of the school year and again at the beginning of second semester. If a parent misses both preview dates, they can schedule a preview at their school site with the nurse. Prior to instruction, a notice is sent home of upcoming AGE instruction. A student may be excused from education related to reproduction by written request from the parent or guardian on that notice.

Students with Temporary Disabilities Instruction:

The district has a program to provide individualized instruction to students who are temporarily disabled and who must remain at home, in a hospital or other residential health facility. If the hospital or health facility is located outside the student's school district, the student will be considered in compliance with the residency requirements for the school



district in which the hospital or facility is located. The parents or guardians must notify the school district where the student is temporarily residing for individualized instruction for the student.

Physical Education:

For a student whose temporary or permanent disability keeps him or her from full participation in physical education, the parent or guardian shall have a physician (MD; or DO, NP, PA) responsible for managing the student's condition describe restrictions and allowances for a modified physical education program. Parents or guardians can request a copy of the form entitled "Activity Limitation Checklist" or "Activity Limitation Plan" as needed. Both forms are available on the District website.

Assistive Devices:

Occasionally students may need to use assistive devices such as crutches, wheelchairs, casts, or walking boots to attend school. To reduce risk to a student and others, parents or guardians will provide notification from a physician responsible for managing the student's condition. The notification must: • specify equipment prescribed for use at school, • acknowledge that the student received instructions on safe use of the device, • include parent permission for district staff to communicate with prescribing health professional if clarification is required, • include anticipated amount of time equipment will be needed. Until such notification is received from a health professional, students' activities will be at the discretion of the site administrator(s) or nurse, e.g. not allowed to play on blacktop or playground. Parents or guardians can request a copy of the form or download from the website, entitled "Orthopedic/Medical Equipment Orders for School".

Transport/Wheelchairs:

Only school staff members are permitted to propel a student in a wheelchair, unless the student can self-propel safely. Other students are prohibited from pushing a student in a wheelchair.

Medical Supplies:

Parents or guardians are responsible for supplying medical and orthopedic equipment and related supplies as ordered by their physician. Examples include, but are not limited to, formula, catheters and tubing, diapers, wipes, syringes, respiratory medication holding chambers, masks and nebulizers, insulin-delivery systems, and glucose monitoring equipment/ supplies.

Concussions- Head Injuries:

Parents or guardians are responsible to notify the school and to follow the current guidelines per Return to Learn and Return to Play, located on the District website, www.cvesd.org/community/health

Sunscreen:

Education Code 35183.5. specifically states sunscreen is not an over the counter medication and that school sites shall allow pupils to use sunscreen during the school day without a physician's note or prescription. This code does not require school personnel to assist pupils in applying sunscreen (note: nor does it prohibit it).

Absence from School for Illness:

Some students with recurrent and/or ongoing health problems can miss days of school because of symptoms of illness. When a student is absent numerous school days, school personnel may require parents to provide the school with a doctor's explanation of the symptoms and/or chronic health issue(s) that keep the student from attending school. The purpose of providing this information assists the collaboration between parents/guardians, attending physician, and school staff, to best support the student's needs and to help minimize absence as much as possible. Please refer to the informational handout, "When to Keep an Ill Child Home", which is available on the District website, www.cvesd.org/community/health