

White Township Consolidated School- HEALTH OFFICE

565 County Road 519

Belvidere, NJ 07823

Phone: 908 – 475 - 4773

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Dear Parents,

September 2023

Welcome to the White Township School Health Office. I wanted to give you some information that will help your child adjust to school and have a healthy and successful school year.

Breakfast is the most important meal of the day. Just as gas is fuel to a car, breakfast is fuel to your child. Research has shown that children who eat a breakfast with protein perform better in school than those who do not. Protein should be a part of every breakfast; it is in eggs, cheese, peanut butter, and milk. Carbohydrates alone, such as bread, cereal, pasta, pop tarts, and granola bars, give short bursts of energy and then stop. Protein will give a longer lasting energy level to carry your child through the morning until lunch. If you are running late in the morning, prepare something to go, such as a bagel with cheese or toast with peanut butter. Combining protein with carbohydrates will help give your child an excellent start.

Children need sleep. Elementary children need an average of 10 hours of sleep each night. Sleepy and hungry children do not have the energy to complete school work to the best of their ability.

A temperature of 100 degrees or higher is considered a fever. If your child has a fever or cold symptoms such as cough, sore throat, chronic sneezing, thick nasal mucus, then he/she should stay home. Teach your child to cover his/her cough with a tissue or with his/her forearm. Hands should be washed frequently with soap and water for a minimum of 20 seconds, as long as it takes to sing the A, B, C's or Happy Birthday 2 times. Germs attach to soap and are washed down the drain. Hand sanitizers are second best and can be used and followed up with washing your hands as soon as you can. Hand washing is the single best thing you can do to keep yourself and your child healthy.

Children love to come to the health office. I cannot call you each and every time that your child may come to see me, but I will call if your child has a significant injury such as a head injury, sprain, fracture, deep cut, etc., or if he/she is ill enough to be sent home such as fever, vomiting, diarrhea, stomach ache that does not resolve, etc. Please contact me if you would like to discuss this or make special arrangements for your child.

Please call me every time your child will be absent. There are a variety of reasons, personal or health, why a child is absent, and it is helpful for me to know. Please call me and follow up with a note if your child is absent .

If your child needs medication at school, such as an inhaler, Epi-pen, ADD/ADHD medication, insulin, then there is a form that your doctor needs to complete. I cannot give any medication without this. Forms are available on our website, and please do not hesitate to contact me if you need assistance. Please note, medication must be brought to school by an adult along with the medication form. In NJ it is unlawful for a child to carry medication, even over the counter medications such as Tylenol or Advil, unless they are self-administered and a self-administered form is on file with me. This form also needs to be signed by the doctor, and it is good for this school year only.

I am present in the health office during school hours and you can reach me at 908-475-4773 ext. 2240 or via email at mahon@whitetwpsd.org if you have any concerns or questions regarding any of the above information, or there is anything you wish for me to know about your child specifically.

I look forward to this coming school year and meeting your child. I hope that he/she has great success and a healthy and enjoyable year.

Sincerely,

Justine Mahon, CSN, RN, BC