

# HEALTH AND WELLNESS

**Accurate emergency information on every student must be maintained on file at school in case of injury or illness.**

Parents are required to complete a new student emergency card every fall including home and business telephone numbers and home address. They also must provide the name, address and telephone number of relatives or friends authorized to care for the student in an emergency if the parent cannot be reached.

Parents must notify the school of any changes of address, home, or work telephone numbers that occur during the year.

## **Severe Allergic Reactions**

Severe life-threatening allergic reactions causing death within five minutes can be triggered by insect stings, foods, medications, latex materials, exercise or, in rare cases, by unknown causes. If such a reaction occurs at school during regular school hours, staff are trained to use an EpiPen to administer a pre-measured epinephrine dose. If you do not wish your child to receive epinephrine in the event of a respiratory emergency, you must submit your request in writing to the nurse within the first two weeks of school enrollment.

## **Pupil Medication**

As required by California Education Code section 49480, students who must take medication at school must submit a written statement, yearly, from the physician detailing the amount, method, time schedule, and a statement as to how District personnel should assist in carrying out the physician's direction.

**Parents should contact their local school to obtain the proper forms if their student is taking ANY type of medication at school (prescription and/or over-the-counter).** Completed forms should be returned to the Health Office. With the consent of a student's parent or legal guardian, the school nurse may communicate with the physician and may counsel with school personnel regarding the possible effects of a drug on a child's physical, intellectual and social behavior, as well as possible signs of adverse side effects, omission, or overdose.

## **Insurance**

The District does not carry medical or dental insurance for student injury or illness.

## **Absence for Confidential Medical Service**

The law permits schools to excuse pupils age 12 and above for the purpose of obtaining confidential medical services without the consent of the parent.

### **Education on Human Reproduction/AIDS/Child Abuse**

As required by California law (EC 51550), parents will be advised of all educational courses in which the human reproductive system is “described, illustrated or discussed”. Parents may, in writing, request exemption from such instruction. A parent permission card will be sent home the first day of school. 8th grade parents will receive a letter concerning the HIV/AIDS classes in their student’s packet. The school nurse and teachers will be providing films and discussions on the topics listed below.

Written materials will be available for preview in the District Office the third week of school. Parents will be notified, in writing, when parent film previews have been scheduled. Parental support of school staff is essential in educating students in these critical areas. Discussion of these subjects at home is encouraged. Please refer any questions to your school nurse.

<b><u>Topic</u></b>	<b><u>Grade Levels</u></b>
Child Abuse Prevention	1st, 6th
Growth and Development	Girls 4th, 5th, 7th, 8th Boys 5th, 7th 8th
Sexually Transmitted Diseases	7th
HIV/AIDS	8th
Teen Pregnancy	8th

### **Health Requirements**

#### **Immunizations**

State law mandates that students age 4 through 17 complete certain immunization requirements. These standards include protection from polio, diphtheria, pertussis (whooping cough), tetanus, measles (rubeola), mumps, rubella, varicella and hepatitis.

Prior to a student’s first admission to an East Whittier City school, parents must provide written documentation that all immunization requirements have been met. All students entering 7th grade must have had three (3) hepatitis B shots or two (2) doses of hepatitis B vaccine and a provider’s signature noting that “Both doses were 2-dose formulation” and two (2) MMR shots.

The Los Angeles County Department of Health Services requires that all students entering kindergarten, or entering first grade who did not attend kindergarten, show written evidence of a tuberculosis skin test (Mantoux) within the past year. Students in other grades from outside of California are required, upon enrollment, to have proof of a Mantoux test at some previous time. Immunization and tuberculin skin tests may be obtained from a private physician or from the

Whittier Health Center  
7643 So. Painter Ave.  
Whittier, CA 90602  
(Telephone 562/464-5350)

Please call the Health Center for immunization hours.

### **First Grade Health Examination**

State law requires that all children receive a health examination within 18 months prior to entering first grade. The purpose is to identify physical disabilities or medical conditions before they may become chronic and irreversible damage occurs.

California law, Education Code, Section 49452.8 now requires that your child have an oral health assessment by May 31 in kindergarten or first grade, whichever is his or her first year of public school. The law specifies that the assessment must be performed by a licensed dentist or other licensed or registered dental health professional. Oral health assessments that have happened within the 12 months before your child enters school also meet this requirement. If you cannot take your child for this assessment, you may be excused from this by filling out a form provided in your school office.

### **School Nurse Health Screening**

School nurses conduct vision and hearing testing in grades K, 2, 5 and 8. Students who are new to California are also provided vision and hearing testing. Screening for scoliosis (lateral curvature of the spine) is done for girls in grade 7 and for boys in grade 8. Results are reported to parents or guardians and referrals are made for care and follow-up, if indicated. Parents who do not wish to have their children tested or examined need to file a certificate from a doctor and/or optometrist.