

# WALDWICK PUBLIC SCHOOLS

## Waldwick, New Jersey 07463

September

Dear Parents/Guardians,

Throughout your child's school years, there is always a need for school personnel and parents to communicate. Working together for our children's health, our goal is to provide an environment that promotes optimal wellness for all Waldwick's students. To accomplish that goal, full cooperation and communication between home and school is essential. By providing quality health care and encouraging open and clear communication, it is our hope that all students will be able to achieve their maximum learning potential.

The following suggestions from the school nurse are intended to help you make the fullest possible contribution to your child's success in school:

- **Regular and punctual attendance** is the greatest single factor in school success. Please have your child attend school regularly and be on time. Allowing your child to stay home unnecessarily makes it more difficult for him/her to succeed in his/her studies and also encourages poor attitudes toward work and obligations.
- **Keep the school nurse informed of any conditions**-medical, psychological, emotional, or behavioral-involving your child.
  - **Medication** taken regularly at home
  - **Fractures, casts, crutches, sutures (stitches), splints**
  - **Cardiac (heart) monitors**, etc., being worn during school time
  - **Contagious conditions**
  - **Results and follow-ups** of any testing

Aside from the obvious reasons why the health office needs to be aware of any conditions listed above, consider the potential chaos regarding mobility if an evacuation of the school was necessary!

- **Excuses from physical education** may be written notes from you or your physician. The note should clarify whether outdoor recess is restricted as well.

There is a clear connection between health and learning. When a child or a child's family member is ill, the entire family is affected and it can affect the child's learning ability and concentration. Reactions to illness depend on a number of factors, including the nature of the illness (its severity, course and treatments), his/her previous experiences with medical problems, his/her overall ability to cope and the support he/she receives from the family and school communities. Therefore, if you have any concerns about your child, a medical condition, or a family medical matter, please feel free to call me. Your support and cooperation are greatly appreciated. As a Certified School Nurse, my goal is to prevent illnesses and maximize each child's health and educational potential.

