



# WESTPORT COMMUNITY SCHOOLS

Please keep this notice available for your reference throughout the school year.

**Before** coming to school or getting on the bus, families should assess their child's state of wellness before leaving home for school. Students should not come to school if experiencing the following:

- **Fever (100.0 degrees Fahrenheit or higher), chills, or shaking chills**
- **Difficulty breathing or shortness of breath**
- **New loss of taste or smell**
- **Muscle aches or body aches**
- Cough (not due to other known cause, such as chronic cough)
- Sore throat *when in combination with other symptoms*
- Nausea, vomiting or diarrhea *when in combination with other symptoms*
- Headache *when in combination with other symptoms*
- Fatigue *when in combination with other symptoms*
- Nasal congestion or runny nose (not due to other known causes, such as allergies) *when in combination with other symptom*

## **Students must stay home if they are not feeling well!**

If the student has any symptoms of COVID-19, they should not attend school. The family should notify their school nurse that the child will be absent and the reason for the absence. The school nurse will follow-up with the family regarding the child's symptoms, whether the child was seen by a medical professional and any testing that was done. The child can return to school once cleared by the school nurse and/or the Westport Board of Health

It is important to know the symptoms of COVID-19 mimic the symptoms of many other illnesses. To protect all students and staff, any symptoms of COVID-19 will be treated as a suspected case until determined otherwise.

If a child becomes ill at school and the nurse determines they need to be dismissed families will be notified and for everyone's safety asked to pick up the child within 30 minutes and complete recommended follow up;

**Students** with a temperature above 100 degrees should not attend school until they have been **fever-free (under 100 degrees) for 24 hours** without the use of antipyretic medication, such Tylenol, Motrin, Advil or ibuprofen.

**Handwashing** should be done often during the school day. If your child is unable to wash their hands and/or use an alcohol-based Hand Sanitizer, please contact your child's school nurse to discuss alternatives.

**Masks:** Effective immediately, public school students (age 5 and above) and staff in all grades are required to wear masks indoors in schools, except as noted below. Masks are not required when outdoors. All visitors are also expected to wear a mask in school buildings.

- *The mask requirement will be in place until at least October 1, 2021.*
- *It is strongly recommended that students younger than age 5 also wear a mask in school.*
- *Masks may also be removed indoors when necessary to participate in elective classes, such as the use of wind instruments in band. When traditional masks cannot be worn, districts should consider additional mitigations, such as the use of instrument masks or bell covers.*
- *Masks are required for any sports-related activity for student-athletes and coaches when indoors, in alignment with guidance provided by the Massachusetts Interscholastic Athletic Association (MIAA).*
- *By federal public health order, all students and staff are required to wear a mask on school buses.*

Please fill out and return the **Student Medical Update Form** using DocuSign. Inform the nurse of any changes in the state of your child's health anytime during the school year by calling or emailing your building nurse directly.

**Medication:** All medications should be given at home when possible. **PLEASE DO NOT SEND MEDICATION TO SCHOOL WITH A CHILD. A RESPONSIBLE ADULT NEEDS TO TRANSPORT ALL MEDICATIONS TO / FROM SCHOOL.** Any medication that a student will take in school (whether an **over-the-counter or prescription medication**) REQUIRES an order from a physician in order for the student to receive the medication at school. Medication brought into school **MUST** be in the original packaging with pharmacy label. A parental consent form is also required. Both of these forms can be found at [westportschools.org](http://westportschools.org) by choosing the "Parent" tab and select "Health Office" from the list. The forms are at the bottom of the Health office webpage. You may also obtain copies of these forms from the school nurse.

**Injuries:** Notify the school nurse if your child has a significant injury that requires a consult with an orthopedic physician. If your child is under an orthopedic doctor's care, clearance will be needed to return to physical education activities. When you visit the orthopedic physician he/she can provide you with the necessary paperwork to forward to the school. If your student has a head injury or is diagnosed with a concussion, please call to discuss this with the school nurse. Remember that if a student is unable to participate in physical education then they will also need to refrain from physical activity during the recess period.

**Physical Examination Requirements:** A physical examination is required for all students entering Preschool, entering Kindergarten or upon transferring into Westport Community Schools. We also require a physical exam in Grades 3, 6 and 9. If a physical is required for your child this school year, please send in a copy of their physical exam. Notices will be sent home if a copy of your child's physical exam has not been received. The school physician is available late winter/early spring and will perform the physical exam if you wish.

### **Screening:**

**Vision Screenings** are done in Preschool, Kindergarten, Grades 1-5, Grade 7 and Grade 10. **Hearing Screenings** are done in Preschool, Kindergarten, Grades 1-3, Grade 7 and Grade 10. **Postural Screenings** are done in Grades 5-9. Parents will be notified of any concern with a screening that necessitates a medical follow-up with your own physician or optometrist. A response letter with testing results should be forwarded to the Health Office.

**Height, Weights** and **BMI's** are done in Grades 1, 4, 7 and 10 to monitor growth and development. Please notify the school nurse **in writing** by the end of September if you do NOT wish for your child to participate in the BMI screening. A request to not participate must be received each year that you opt out of the screening. If you would like a copy of your child's BMI results, please let the nurse know and a copy will be forwarded to you.

### **Miscellaneous:**

Please do not send cough drops into school with your child. Cough drops may contain medication (which requires a doctor's order) or pose a choking hazard. Instead of cough drops, we recommend sending in a **full** water bottle so your child can take frequent sips of water to soothe a dry throat.

Proper foot wear is necessary to help prevent injuries during outdoor recess. Students that wear flip-flops or shoes without backs will NOT be permitted to use the playground equipment or athletic fields/courts. Students should also come to school dressed for the weather as students go outside often for recess and for physical education.

When you anticipate that sunscreen / sunblock will be needed, it should be applied in the morning at home prior to coming to school. Sunscreen / sunblock that is necessary during the school day requires the same procedure as a medication in school - a doctor's order and parental consent. Please **DO NOT** send sunscreen / sunblock in with your child without obtaining the necessary order and consent.

Please feel free to call the school nurse with any questions or concerns.

I have read and understand the School Health Services notice. I have received a copy for reference.

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Student Name

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Teacher

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Parent Signature

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Date