Required Physical and Dental Exams

Physical Examination is required for initial entry into school, (kindergarten/1st grade) 6th grade, and 11th grade. Exam can be completed by your family physician or the exam can be completed by the school doctor, Dr. Ziad Osman, during school hours, free of charge to parents. Information on school exams will be given at the beginning of each school year. Please contact the school nurse if you have any questions.

Dental Examination is required for initial entry into school, (kindergarten/1st grade) 3rd grade, and 7th grade. Exam can be completed by your family dentist, or an exam can be completed by the school dentist, Dr. Scott Roseberry, during school hours, free of charge to parents. Information on school exams will be given at the beginning of each school year.

Nursing Staff

Junior/Senior High School:

Glenna Piho-RN, CSN, M.Ed Certified School Nurse 610-488-6286 x1127

Bethel and Penn Bernville Elementary:

Lauren Oswald-RN, CSN Certified School Nurse Bethel: 717-933-4131 Penn Bernville: 610-488-6248

Nursing Assistants

Mrs. Paula Huey, LPN-JSHS Mrs. Jennifer Rhode, LPN-Bethel and Penn Bernville Elementary

TULPEHOCKEN area SCHOOL * DISTRICT *

27 Rehrersburg Road Bethel, PA 19507 717-933-4611-phone 717-933-9724-fax

Tulpehocken Area School District

School Health Services Department



The School Nurse Provides the Following Services:

- Annual HT, WT, and BMI screenings on all students in grades K-12
- Annual vision screenings on all students in grades K-12
- Hearing screenings in grades K-3, 7, and 11
- Blood pressure screenings in grades 6 and 11
- Daily health concerns, injury, and illness for all students
- Classroom education, such as puberty, nutrition, and hygiene education
- Individual counseling and guidance for students with medical needs or questions
- Administration of medication
- Observation and control of infections and disorders of the body and skin
- Immunization reviews

The school nurse works closely with the student, family, and school personnel to meet the physical, mental, emotional, and social needs of each student.



Medication Policy

Both physician (PA and CRNP orders also accepted) and parent permission is required for the administration of prescription and over the counter medication during school hours.

MEDICATION WILL NOT BE ADMINISTERED WITHOUT A PHYSICIAN'S ORDER AND PARENT WRITTEN PERMISSION.

Medication forms can be obtained in the nursing office. Medications must be received in a pharmacy labeled container.

WHEN WILL A STUDENT BE SENT HOME FROM SCHOOL?

- 1. If the student has a fever of 100.4 degrees or greater before taking a fever reducing medication.
- 2. If the student is vomiting or has diarrhea because of illness.
- 3. If the student has an unknown or contagious rash.
- 4. If the student has other contagious illness.
- 5. If the student has severe acute or chronic health issues.
- 6. If the student has flu-like illness (with or without fever) -- headache, tired, cough, aches, weakness, sore throat.
- If requested to pick up your child because of illness or injury, please be as prompt as possible.
- A child should be fever free for 24 hours without the help of medication before returning to school.

WHAT CAN PARENTS DO TO HELP CHILDREN MAINTAIN OPTIMAL HEALTH AND ACADEMIC SUCCESS?

- 1. Make sure your child eats a good breakfast.
- 2. Communicate with the school nurse about your child's health issues.
- 3. Remember to complete and return a health form each school year.
- 4. Keep ill children at home. This prevents the spread of illness at school.
- 5. Notify the school when phone numbers change so we can locate you in an emergency.
- 6. Help your child understand the difference between discomfort and true illness.
- 7. Please notify the school if your child is absent.
- 8. If your child has head lice, please notify the school so that proper measures can be taken to prevent re-infestation