

REDLAND MIDDLE SCHOOL



REDLAND MIDDLE SCHOOL | HEALTH ROOM NEWSLETTER

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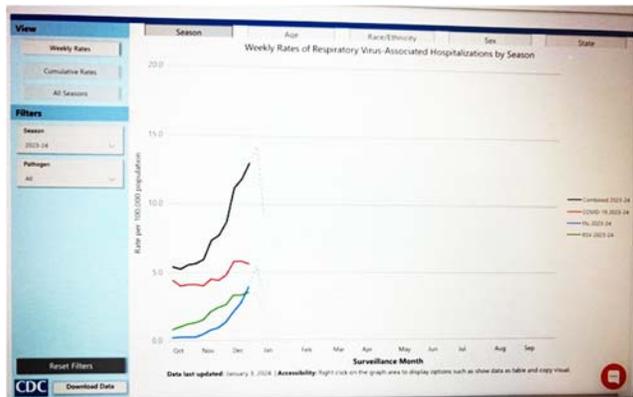


Happy New Year

We hope you had a wonderful winter break. We are in the height of the winter season and wanted to remind parents to keep their students home if they are sick. Please see below for additional information. In this edition, you will find necessary information to help your child while they are in school.



In the month of December, the State of Maryland saw an increase of 25% in hospitalizations due to COVID, an increase of hospitalizations due to RSV and increased positive Influenza cases. We need your help to keep our school, staff and students safe. Please monitor your child for any signs or symptoms of illness and keep him/her/they home if they are ill. Below you will find information on when to keep your student home, when they may return to school and how to report an absence. **MCPS in partnership with Montgomery County Department of Health and Human Services use CDC guidelines in respect to positive COVID cases. If you are in doubt, please reach us in the health room for guidance.**





GUIDANCE ON WHEN TO KEEP YOUR CHILD HOME



When to keep your child home from school

- Fever of 100.4 or greater
- Nausea, vomiting or diarrhea
- Stomachache
- Headache
- Cough (Persistent)
- Earache
- Sore throat
- Nasal congestion (thick discharge)
- Skin rash/infection
- Red/pink eyes with or without crust
- Fatigue/tired
- Shortness of breath/difficulty breathing



WHEN MAY MY CHILD RETURN TO SCHOOL AFTER ILLNESS?

If your child has any of the above symptoms when it is time for school, and it is NOT related to COVID, it is best for he/she/they to stay home. Most childhood illnesses are over soon and no cause for worry. **But, if symptoms are severe or persist for MORE than 24 hours, you should contact your medical provider.** Children sometimes use illness as an excuse to miss school. There may be times that your child does not show signs of the above-noted symptoms but may be ill. **Please make sure to have your phone numbers updated in SYNERGY and be available to answer our calls.** The health and safety of all our students and staff are our top priority.

Students may return to school when symptoms have improved AND student has been fever free for 24 hours WITHOUT the use of fever-reducing medication.

Please report absences to: ✉ Mrs. Neidy Juarez or at ☎ 240-740-0900



MEDICATIONS AT SCHOOL

We would like to remind parents that students can't bring medications to or from school or carry medication on them without a doctor's order form filed in the health room. If your child needs to take medication at school, even if it is over-the-counter, or needs to carry around emergency medication, please complete the form(s) listed below. Once the form has been completed by you and the student's doctor, please bring the completed form and the medication to the school's health room so it may be signed off by the nurse. **This process must repeat itself every school year. Please ensure medication has an intact pharmacy label and if it is an over-the-counter medication, that the box or bottle is unopened and unexpired.** Your cooperation is appreciated to keep our students safe.

- Form 525-13: [Authorization to Administer Prescribed Medication](#)
- Form 525-14: [Emergency Care for the Management of a Student with a Diagnosis of Anaphylaxis](#)



TREATMENTS AT SCHOOL

If your child requires a treatment to be performed at school such as, blood pressure checks, intermittent catheterizations, nebulization, blood glucose finger sticks, etc., please complete the following form. **If your child has diabetes, a separate form needs to be completed.** Call the health room for guidance. Once the form is completed, bring the form and any medical supplies needed to perform the treatment.

- Form 525-12: [Authorization to Provide Medically Prescribed Treatment](#)



COUNTY RESOURCES

Montgomery County Crisis Center 240-777-4000
Maryland Youth Crisis Line 800-422-0009

Montgomery County Youth Crisis Line 301-738-9697

Substance Abuse Evaluation 240-777-1430

Montgomery County Access to Behavioral Health Services 240-777-1770

Montgomery County Health Center (Germantown) 240-777-3150

Montgomery County Health Center (Silver Spring) 240-777-3380

Rocking Horse Road School Immunization Clinic 240-740-4430



DENTAL EXAMINATIONS

When your child(ren) are enrolled in MCPS for the first time, they are required to provide a form called a Dental Health form, known as Form 525-17. If you need resources in finding dental care in the county and your child is uninsured, please contact the health room for assistance. The form is listed below.

- Form 525-17: [Dental Health Form](#)



IMMUNIZATION COMPLIANCE

In compliance with the Maryland Department of Health and school immunization regulations (COMAR 10.06.04), all students enrolled in school must provide evidence of having certain immunizations. The ONLY exceptions are medical contraindications or religious exemptions. Newly registered students to Redland, in exception of transferring 6th grade students from an MCPS elementary school, must provide proof of immunizations within 20 calendar days of enrolment or a statement of an appointment to get required immunizations. Students who do not provide proof of required vaccines MAY BE excluded from attending school. **Incoming 7th grade students are required to have a Tdap booster and an MCV vaccine prior to the start of school.** Please see required immunizations by grade level below. **If your child has received the required vaccines, please provide proof to the school's health room. If you need help finding a clinic, please contact the health room or see the county resources section.**



Vaccine Requirements For Children
Enrolled in Preschool Programs and in Schools — Per DHMH COMAR 10.06.04.03
Maryland School Year 2023 - 2024 (Valid 9/1/23 - 8/31/24)

Required cumulative number of doses for each vaccine for PRESCHOOL aged children enrolled in educational programs							
Vaccine Child's Current Age	DTaP/DTP/DT ₁	Polio ²	Hib ³	Measles, ^{2,4} Mumps, Rubella	Varicella ^{2,4,5} (Chickenpox)	Hepatitis B ²	PCV ³ (Prevnar™)
Less than 2 months	0	0	0	0	0	1	0
2 - 3 months	1	1	1	0	0	1	1
4 - 5 months	2	2	2	0	0	2	2
6 - 11 months	3	3	2	0	0	3	2
12 - 14 months	3	3	At least 1 dose given after 12 months of age	1	1	3	2
15 - 23 months	4	3	At least 1 dose given after 12 months of age	1	1	3	2
24—59 months	4	3	At least 1 dose given after 12 months of age	1	1	3	1
60 - 71 months	4	3	0	2	1	3	0

Required cumulative number of doses for each vaccine for children enrolled in KINDERGARTEN - 12 th grade								
Grade Level Grade (Ungraded)	DTaP/DTP/Tdap/ DT/Td ^{1,6}	Tdap ⁶	Polio ²	Measles, ^{2,4} Mumps, Rubella	Varicella ^{2,4,5} (Chickenpox)	Hepatitis B ²	Meningococcal (MCV4)	
Kindergarten, Grade 1, 2, 3, 4 5 & 6	(5-11 yrs) 3 or 4	0	3	2	2	3	0	
Grades 7, 8 & 9	(11-13 yrs) 3 or 4	1	3	2	2	3	1	
Grades 10, 11 & 12	(13-18yrs) 3 or 4	1	3	2	1 or 2	3	1	

* See footnotes on back for 2023-24 school immunization requirements.



HEALTHY SCHOOL EXPERIENCE

To ensure your student has a healthy school experience, please make sure your student is getting enough rest. Studies have found that school-age children require 8-12 hours of sleep a night. If your child does not eat breakfast at school, please make sure they eat a healthy breakfast before they leave home. Nutrition is very important for energy and brain function. Remind your child(ren) to wash their hands before meals, after using the bathroom and when coughing or sneezing to cut down on the spread of germs. Parents are encouraged to notify the health room when their child(ren) have lice, strep throat, chicken pox, pink eye, etc. so that the school may take precautionary measures. Any health information reported or provided to the health room is CONFIDENTIAL.



ILLNESS OR INJURIES AT SCHOOL



There are times that your child(ren) will get injured or become ill at school. The health room will evaluate all injuries and symptoms of illness. First aid will be provided as necessary, and parents/guardians will be notified as deemed appropriate. In case we are unable to reach either parent or guardian, the health room staff will contact the relative or other individual listed under Emergency Contacts in Synergy. The health room phone number may be blocked or perceived as a spam call by your cell company. The health room will leave a message and try again. Please help the health room staff by storing our number (240-740-0901) in case we need to reach you during the school day as students aren't allowed to use their cell phones during school hours. If your child has a head injury at school, a letter will go home to you with signs and symptoms to look out for. We appreciate your cooperation in this matter. In cases of emergencies, the health room may need to call 911 before calling the parent.



MEDICAL EXAMINATIONS

When your child(ren) were enrolled in MCPS for the first time, they were required to provide a form called an SR-6 which you and their pediatrician needed to complete. **Incoming 6th graders, need these forms to be updated as medical history can change. This form is different than the form required for participation in extracurricular activities.** If the health room finds that a parent/guardian has indicated a medical condition or allergy, a letter will be sent home requesting additional information about the condition or allergy. Based on your response, an Individualized health plan may need to be initiated. An Individualized health plan allows staff to better assist your child with their medical condition or allergy. Your cooperation in getting those forms returned to the health room is greatly appreciated. If your child has a medical condition such as Asthma, you can find the medication form above if they need an inhaler in school. If you have any questions or your child is uninsured, please contact the health room for assistance. Please see the form listed below.

- Form SR-6: [Health Inventory](#) (Physical Exam form)