

What Every Parent Needs to Know About Health Requirements for Students Entering Kindergarten in Hampton City Schools

1. Does my child need a physical?

*Yes, your child will need a current physical. The physical form must be submitted **prior** to the first day of entry when enrolling a student for the first time in Virginia for Kindergarten through Grade five and be **no older than 12 months** prior to the first day of entry. The Virginia School Physical Form can be obtained from your child's school, your doctor's office, http://www.doe.virginia.gov/support/health_medical/school_entrance_form/school_entrance_form.pdf, or <http://www.hampton.k12.va.us/> under the Department of Health Services.*

2. What immunizations will my child need?

Your child will need written proof of immunizations according to Virginia State Law. A current listing of immunization requirements may be viewed at <http://www.vdh.virginia.gov/content/uploads/sites/11/2016/04/Min-Requirements.pdf> The Hampton Health Department (727-1172) can provide immunizations required for school entry free of charge.

3. What if my child has special health needs?

Effective communication between the school nurse and parents is extremely important in order to provide the safest environment possible. If your child has a chronic disease, life-threatening allergy, or other medical concern, contact the school nurse prior to the first day of school and keep open communication throughout the school year. For some conditions, it will be necessary to work with the school nurse to develop a plan of care for your child and to have appropriate medication available at school.

4. What if my child needs to take medication during school hours?

*All medication, either prescription or over-the-counter, **must** have a medication order form signed by your child's physician. All medication must be brought to school by the parent or legal guardian in a container that is appropriately labeled by the pharmacy or physician. No cough drops are permitted in school.*

5. When should I keep my child at home?

Children who come to school sick are not productive learners and are often miserable all day, as well as possibly exposing others to contagious disease. Please observe the following guidelines:

Colds: Consider keeping your child at home if he/she is experiencing discomfort from cold symptoms, such as nasal congestion and cough. A continuous green discharge from the nose may be a sign of infection. Consider having the child seen by your health care provider.

Conjunctivitis (pink-eye): Following a diagnosis of conjunctivitis, the child may return to school 24 hours after the first dose of prescribed medication.

Diarrhea/Vomiting: A child with diarrhea and /or vomiting should stay at home and return to school only after being symptom-free for 24 hours.

Fever: The child should remain at home with a fever greater than 100.4°. The child can return to school after he/she has been fever free for 24 hours (without fever-reducing medicine such as Tylenol or Motrin).

Rashes: Common infectious diseases with rashes are most contagious in the early stages. A child with a suspicious rash should return to school only after a health care provider has made a diagnosis and authorized the child's return to school.

Strep Throat: In cases of suspected or diagnosed strep throat, the child should be kept out of school until the diagnosis is made and/or treatment has been under way for at least 24 hours.

Chicken Pox: A child with chicken pox must be kept out of school for at least 5 days from the appearance of blisters. All pox **MUST** be crusted over and dry before returning to school.

(Just a reminder to all parents that regular hand washing is one of the best ways to slow or stop the spread of germs in your family. Please encourage your child to follow good hand washing techniques.)

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6. What should I do if my child has head lice?

A child with head lice must receive adequate treatment and no live lice in hair before returning to school. Your school nurse can give you information regarding the treatment of head lice. You must bring your child to school to be checked before being allowed to return.

7. What kind of screenings are conducted for Kindergarten students?

The following state-mandated screenings will be conducted for Kindergarten students: Speech, gross and fine motor skills, vision, hearing, height and weight. Parents who do not want their child to participate in these routine screenings must send written notification to the school nurse within the first ten days of the school year or within ten days of enrolling in school.

If you have any other questions regarding these Health Requirements, please contact your School Nurse.