

Pearl River School District  
Pearl River, New York

Dear Parents of Children Entering Kindergarten:

Enclosed is a packet of health materials for you to review. It contains information about the New York State school health protocols that you should be familiar with. It also gives a few helpful health practices that we feel will benefit your child. Throughout this COVID-19 pandemic, the Pearl River School district has implemented guidelines and safety precautions in accordance with the CDC, NYSDOH, and RCDOH. Please refer to the district website periodically as COVID-19 information and guidelines are updated as necessary.

The State of New York requires that all new students to a school district must be immunized against the following diseases: diphtheria, tetanus, pertussis, poliomyelitis, rubella, mumps, measles, hepatitis B, and varicella (chicken pox). It is also recommended that parents speak to their child's physician about the recommended two part hepatitis A vaccine series.

If a child has a medical exemption to an immunization, a physician licensed to practice medicine in New York State must certify that the immunization is detrimental to the child's health. The medical exemption should specify which immunization is detrimental to the child's health, provide information as to why the immunization is contraindicated based on current accepted medical practice, and specify the length of time the immunization is medically contraindicated, if known.

In accordance with a New York State statute, student physical exams are required for students entering kindergarten. A physical examination must be performed within 12 months of the first day of school in order to comply with state requirements for the upcoming school year. Routine dental exams are requested and if available, a dental certificate should also be submitted to be included in your child's cumulative health record. The student's physical examination form, together with the medical history form you will also receive, should be returned to the school your child will attend.

If you have any questions pertaining to the health services, please feel free to contact me or the nurse in the elementary school your child will attend.

I wish you and your child a healthy and safe school year.

Sincerely,

*Cindy V. Padre*

Cindy V. Padre, M.D., F.A.A.P.  
School Physician, Pearl River School District

Revised 01/2021

Pearl River School District  
Pearl River, New York

**New York State Immunization Requirements for Kindergarten School Entrance/Attendance**

(All sources current from 2020-2021 and obtained from the State of New York Department of Health)

1. DTap or DTP (Diphtheria, Tetanus, Pertussis) - 4-5 doses. The final dose of the series should be administered at age 4 or older
2. Polio (IPV or OPV) - 3-5 doses. The final dose of the series should be administered at age 4 or older
3. Measles, Mumps, and Rubella (MMR) - 2 doses
4. Hepatitis B - 3 doses
5. Varicella (Chicken Pox) - 2 doses

Serologic evidence of measles, mumps, rubella, hepatitis B, or varicella antibodies is acceptable proof of immunity to these diseases.

Diagnosis by a physician, physician assistant, or nurse practitioner that your child has had varicella disease is acceptable proof of immunity to this disease. Parental recall of the disease is not sufficient.

The vaccine information provided above is the current, minimal vaccination requirements for kindergarten school entry specified for New York State. Please speak to your child's physician regarding the number of doses of both mandatory and recommended vaccines your child needs as per your child's vaccination history, the American Academy of Pediatrics, and the Advisory Committee on Immunization Practices.

Any further and current information regarding New York State immunization requirements for school entrance and attendance may be obtained at the New York State Department of Health website.

Immediate action and cooperation between parents, your child's physician, and school staff will assure your child's health protection and uninterrupted education. Please submit all requested information to the school nurse as soon as possible.

Thank you for your cooperation.

Revised 01/2021

Pearl River School District  
Pearl River, New York

TO: Parents of Children Entering Kindergarten

FROM: Dr. Cindy V. Padre, School Physician

DATE: January, 2021

**Records**

Very important school health records are compiled from information provided by parents/guardians. From time to time, additional information/updates will be requested. Please complete and return these forms promptly.

**Problems**

Any health issues (physical or emotional) or issues regarding financing a health program for your family can be discussed confidentially with the school nurse. If she is unable to help you, it is almost certain she can refer you to someone who can.

**Fitness**

Some health practices to keep your kindergarten child healthy and fit:

1. Twelve hours of sleep each night
2. Three unhurried, nourishing meals a day. Provide dairy products and plenty of vegetables, fruit, and whole-grain products in reasonably sized portions
3. ALWAYS wash hands before meals and after use of the toilet
4. Dress appropriately for the weather
5. Encourage your child to stay active with at least 60 minutes of moderate intensity physical activity most days of the week
6. Avoid too much sedentary time. Place consistent limits on the time spent using electronics (phones, computer, video games, television, etc.) and media including the types of media.
7. Daily bath to keep skin clean and healthy and to maintain proper hygiene
8. Teach your child appropriate names of body functions, i.e., a stomachache frequently accompanies the need for a bowel movement
9. Healthy snacks at home to promote good eating habits at a young age. Encourage more water, limit sugar-sweetened beverages and consumption of excess sugar. **PREVENT OBESITY AT ALL COSTS!**

**Physical Examinations**

Annual physical exams by your child's physician are strongly recommended but New York State law requires proof of a physical exam in grades K, 1, 3, 5, 6, 7, 9, 11 as well as students entering the school district for the first time. A physical exam must be conducted within 12 months of the first day of school.

### **Vision and Hearing Tests**

It is recommended that your child has a thorough vision and hearing exam by your child's physician or eye and ear specialist, respectively (if indicated) before entering kindergarten. There are several conditions that can be corrected and treated if diagnosed at an early age.

### **Notification of Parent**

Parents are always notified by the school nurse if deviations from normal are found following physical exams or vision and hearing testing. It is the parent's responsibility thereafter to discuss any abnormal findings with your child's physician in a timely manner.

### **Emergencies**

Please make sure that the school has the name and telephone number of your employer as well as an emergency contact who will be responsible for your child if you cannot be reached. Please notify all emergency contacts to save the school's number on their cell phones so they can immediately recognize when the school is calling. In addition, we must know the name of your child's physician and dentist.

### **Illness or Accident at School**

First aid, in compliance with safe COVID-19 protocols, will be given at school for injuries that happen at school. Parent or guardian will be notified if the injury is significant, requires a child to go home or be seen by a doctor, or needs at home follow-up care. A child who exhibits any symptoms of COVID-19 at school will be sent home. A timely pick up is expected. Parent or guardian must provide transportation for child to be picked up to go home. In an emergency, your child's physician may be called, as per HIPPA protocols.

**When should your child stay at home?** A child who exhibits any symptoms of COVID-19 should stay at home. Please refer to the district website or RCDOH for COVID-19 symptoms as well as return to school guidelines.

### **Absences**

Parents should call the school nurse when the child is absent from school. The school will call a parent when a child is absent, unless we hear from the parent.

### **Returning from Absence**

A child returning from an absence from illness must provide a note from his or her physician. See district website for most up-to-date criteria regarding return to school COVID-19 protocols.

For non-COVID-19 related illness confirmed by the child's physician ( i.e. Strep throat, bacterial conjunctivitis, or any other bacterial infection), students may return to school after they have been on antibiotics for 24 hours AND fever free for 24 hours without fever-reducing medication.

Revised 01/2021