

## General Information

### Safety Calls

Please call 926-8706 by 8:00AM to let us know if your child will be home sick, absent or will be late to school for any reason. When parents call there is no doubt about a child's safety. A voice mail system can be used to leave a message if you call outside the regular school hours of 7:30 am to 4:00 pm.

### Consideration

Consideration of others includes caring about other's feelings. Many children attending Centre School wear eyeglasses, use hearing aids, wheel chairs, have casts on their arms or legs, and have muscular disorders which affect their speech or the way they walk. Please discuss with your children the importance of being kind and considerate in actions and words. Everyone likes to be accepted and appreciated for who they are.

### Healthy Classrooms

Kindly review proper hand washing techniques with your child. Thorough hand washing goes a long way in preventing illness and the spread of germs.

When children have had fever, vomiting, or diarrhea, they need at least 24 hours free of symptoms before they return to school. Children should be fever free for 24 hours without the use of fever reducing medicines before returning to school. When children have ear infections, strep throat or other contagious conditions, which require antibiotics, please keep them home until they have had antibiotics for at least 24 hours.

Be sure to send a note explaining the absence when your child returns to school.

### Substitute Nurses

If you are a RN, with a current NH license, and would like to substitute in the health office, please contact me at school and/or call the SAU office at 926-4560 or stop by the SAU office to pick up an application.

## Field Trips

If your child has a condition that may require medical attention, like a bee sting allergy, you are encouraged to accompany your child on field trips. Please contact your child's teacher for details as field trip information comes home.

Depending on the time of the field trip daily medications can be made available to students. School officials must safeguard the medication in original pharmacy bottles during the trip. Parents should ask the pharmacist for a second labeled bottle to be stored at school for use on field trips.

## Health Records

Please be sure that a copy of any recent physical exam, eye exam, hearing evaluation, or medical report regarding your child's condition (such as seizures) has been sent to the nurse. Current information assists the nurse as well as teachers in meeting your child's specific needs.

## Health Insurance

If your child is uninsured you may call the Department of Health and Human Services Children's Medicaid Program at 1-877-464-2447 or visit the website at [www.nheasy.nh.gov](http://www.nheasy.nh.gov) to access an application. You will also find information about the Medicaid program online at [www.DHHS.state.nh.us](http://www.DHHS.state.nh.us).

## Allergies

Many people suffer from environmental, animal, insect, medication, latex, and food allergies. Some allergies can be life-threatening. Many of the life-threatening (potential anaphylaxis) allergies involve food such as peanuts, nuts, shellfish, egg, and milk among others. You may receive a notice alerting you that someone in your child's class has a food allergy. The Hampton School District Anaphylaxis Protocol can be accessed at [www.sau90.org](http://www.sau90.org).

When sending food to school for consumption by your child at snack time or for consumption by the entire class on a special occasion, please choose carefully. Ingredient labels are a must. Check with your child's teacher or the nurse if you have a question.