

KINDERGARTEN WELCOME

Welcome to Randall Carter - my name is Kim Depetris and I am the School Nurse

There are a few important things I would like to share with you today.

- All kindergarten students need a physical and up to date immunizations - you can send them in anytime. If your child has their appointment in the fall please let me know the date of that appointment.
- Please advise me of any health concerns for your child and let me know of anything new from over the summer, including medication your child takes.
- Screenings for vision, hearing, height and weight will be completed in the first few months of school. However if you have any concerns now or develop concerns over the summer let me know and I will see your child as soon as possible.
- Emergency forms provide us with information on how to reach you - please include more than just mom and dad on the card so that in case of a true emergency we can find you. Also keep in mind that your child can only be released to people listed on the emergency form.
- Emergency cards are completed online - instructions for this are included in your folder. Please send them in on the first day of school.
- If your child will be late or absent from school - call the school early. Include the reason for the absence as we do track illness trends.
- If your child is sick, the general rule is that they need to be better for 24 hours to return to school. This allows them adequate time to recover and prevents the spread of disease. There is a health office memo in your folder that provides guidelines for when to keep your child home.
- If a student comes in late to school they must stop in the nurse's

office to sign in and get a late pass. If you will be picking your child up early you need to send in a note and sign them out in the office.

- Kindergartners have snack in class, students here all day will eat lunch in the cafeteria. Please provide your child with healthy snacks such as fruit, vegetables, multigrain crackers, yogurt, and water.
- We are committed to the safety of students with food allergies. Birthday celebrations are food free. Goody bags with food are not allowed. Nuts, peanut butter, and nutella are not allowed during classroom snack time. These foods are however allowed in the lunchroom.
- There are classroom parties 3 times a year - Halloween, Holiday and End of Year. Class parents provide the food for these. We also have a school wide Thanksgiving meal served by Sodexo (the food provider for the cafeteria). State law does not allow any food to be served where sugar is the first ingredient.
- If your child has asthma, food allergies, or will need medication in school please contact me for the appropriate forms.
- Be sure your child knows how to cover a cough with their elbow, use a tissue, wash hands and is independent in the bathroom.
- Thank you, if you have any questions or concerns you can call, email, or stop in to talk. My contact information is on the Health Office Memo in your folder. Enjoy the rest of your day.