



East Brook Middle School

“A Great Place to Grow Up”

190 Spring Valley Road
Paramus, New Jersey 07652
(201)-261-7800

Thomas J. LoBue
Principal
Ryan Aupperlee
Asst. Principal

September 2019

Dear Parents/Guardians,

Welcome back! I hope everyone had a restful and healthy summer vacation. The health program at East Brook Middle School this year will include: height, weight, vision, hearing and blood pressure screenings as per the New Jersey School Health Services Guidelines. You will be notified of any problems noted or any referrals.

In addition, I will be checking students in grades 5 and 7 for scoliosis (curvature of the spine) as per state guidelines. If your child is under the care of a doctor for this condition or you do not want your child screened, please notify us in writing by **November 15, 2019**. Please read additional letter about scoliosis at “Nurse Information Link.” Another vital part of your school health services includes keeping up-to-date health records for your child. If your child receives an immunization of any kind, please send me physician documentation so that we can keep the health records current. Please refer to additional letter at the “Nurse Information Link” re: state mandated vaccines for students entering grade 6 and all students transferring into grades 6, 7 & 8th. The Paramus district requires school physicals for students in **grade 6** as well as all **new students** transferring into the district. Physical exam forms (Grades 5 through 12) can be downloaded from the East Brook web site at the “Nurse Information” link, the Paramus School District Nurses’ site (Middle School Section) or please contact us for the appropriate school physical exam forms.

*As per the Scholastic Student Safety Act (P.L. 2013, c.71), the NJ Department of Education requires all students participating in the Intramural sports clubs (All before and after school sports clubs at East Brook) as well as Interscholastic Sports to have physical exams **prior to playing**. All students who will participate in Intramural Sports Clubs are required to obtain a physical exam prior to the first practice or tryout session. Please refer to the district web page--Nurses’ tab under Middle Schools for the Intramural Sports Clubs forms.*

If your child will be **absent or tardy**, please call the school at **201-261-7800 Ext. 8126 by 7:30 AM**. The attendance line is available 24 hours so feel free to call the night before or earlier if necessary. It is important to call the school even if your child will be arriving any time after 7:45 AM. If your child will be absent for an extended period of time due to travel etc., please send in a note or email prior to the absence with copies to the school nurse, homeroom teacher and main office secretary.

As a reminder regarding our medication policy, state law requires that written physician’s orders must accompany parental permission for administering all medications at school. Epi-pens and asthma inhalers also require special medication forms. Non-prescription medications such as Tylenol or TUMS also require a doctor’s order. Parents must also provide all medication. Please contact me for the appropriate medication forms for your child or if you have any questions or concerns. Medication forms can also be downloaded from the above web sites.

Students have the ability to purchase their own lunch from the cafeteria in middle school. Please feel free to go to the Pomptonian Food Service web site (pomptonian.com) to access the nutritional information for the food available to students at school so that you can discuss healthy food choices with your child. Monthly menus are also available at each school’s web page. If we do not hear anything to the contrary from you, we will assume that these services meet with your approval. Please do not hesitate to contact us at any if you have any further questions or concerns (**201-261-7800 Ext. 8126**). I can also be contacted by email at mreina@paramusschools.org

Thank you in advance for your cooperation and I look forward to another successful school year.

Sincerely,

Mrs. Manuela Reina, RN, CSN
East Brook Middle School Nurse

cc: Mr. Thomas J. LoBue, Principal