

# KEENE CENTRAL SCHOOL

## School Health Services Have a Healthy Summer!

### Shot Records for CAMP

The office staff is not allowed by NYS laws Ferpa and hipaa to give out and or send out your child's records. Please request records ahead of time because the nurse does not have a set schedule and will only be in her office only periodically throughout the summer. Shot records will not be available on a daily or even weekly basis.



### Summer Sun

Here are some tips for managing the summer sun:

- UV Rays are strongest in the middle of the day. Plan indoor activities at that time or look for shade to prevent sunburn.
- Cover the skin with a shirt AND sunscreen to avoid sunburn!
- Wear a hat - preferably one that covers the neck and ears. When wearing a baseball style hat, remember to apply sunscreen to the neck and ears.
- Sunglasses protect eyes from UV rays. Look for sunglasses that wrap around and block nearly 100% of UV rays.
- Use sunscreen! Use a sunscreen with at least a SPF of 15 and UVA/UVB protection.
- *This information and more is available at <http://www.cdc.gov/cancer/skin/chooseyourcover/guide.htm>.*

### Foreign Travel

Many students travel overseas during the summer. At this time, the Avian flu is not being passed from human to human contact, but good hand washing is very important when traveling abroad.

It is also important to take care when eating out to be sure that foods are properly cooked and drinking water is appropriate for consumption to avoid food borne illnesses.



**\*\*\*The most important information for you and your child is on the back of the sheet and on the attachment. Please look at this information and be sure all required information is in the health office before the start of the school year.\*\*\***

### Vaccine Information

Summer is a good time to be sure that your student's immunizations are up to date! Students entering Pre- K through Grade 12 in New York State require vaccinations please refer to the attachment.



### Physical Requirements

NYSSED requires an annual exam for new entrants, students in Grades k, 2,4, 7 and 10, sports, working permits, and triennially for the Committee on Special Education (CSE).

### Head Lice Alert



Head lice reach a peak time for infestation during the summer because of overnight camps, slumber parties and vacations.

Consider checking your child's head for the presence of lice regularly during the summer and several times the week before school reopens. Information about identifying lice can be found at:

<http://healthgate.partners.org/browsing/LearningCenter.asp?fileName=11818.xml&title=Head%20Lice>

**Please contact the school's Health Office for more information or if you have any questions**

**School Nurse: Kristine Gay, RN**

**Phone: 518-576-4555**