



## **FRES HEALTH GUIDELINES AND FOOD REMINDERS**

Dear Parents/Guardians:

September 2018

Treats may be brought in for student birthdays after the date and time is cleared with the classroom teacher. Parties are left to the teacher's discretion. Please make sure that treats are portioned for distribution. We encourage you to select healthy treats. If plates, napkins and/or utensils are needed, please provide them.

### **Policy 5662: Home-Prepared Food Items**

The Board of Education recognizes the seriousness of diseases that may be transmitted through food which has not been prepared thoroughly or which has been prepared or handled in an unsanitary environment. Non-commercially prepared food items, including food prepared in homes, may not be sold at school fundraisers or other school sponsored events. Non-commercially prepared food items or food that has been prepared in homes may not be served to students for any reasons including special occasions. All Classroom food projects, except for a school sponsored home and career instructional program, must receive prior approval from the building principal.

**Food brought into public schools for distribution or sale should be commercially prepared according to Department of Health guidelines. Home-baked goods are not allowed for celebrations of birthdays and the like, or for sale by the school or other groups.**

Also, if your child is in a room where there is a child who has a peanut/nut allergy, please refrain from sending in any kind of snack food or treat that contains nuts, peanuts, or is cooked in peanut oil or other nut oils. Even airborne exposure to these substances poses a threat to anyone with that kind of allergy.

Thank you for your understanding and support.

## FRES Health and Medication Guidelines

If your student requires medication (either prescription or over-the-counter) at school, this medication must be brought to the health office by a parent or adult. The medication must be clearly labeled, with directions, and in its original container from the pharmacy. As required by law, written permission to take specific medications must be provided by both the health care provider and the parent/guardian. Students are **not** permitted to transport medications to and from school.

If you have any questions or concerns about medications, please contact the Health Office at 242-5140 and press 3. If your child has other health care concerns you would like to discuss with a nurse prior to the start of school, again, please call the Health Office.

Physical exams are mandated by NY State for all 4th grade students and for all students new to the Brighton school district. This physical can be anytime on or after 9/1/2016. After your child's physical is completed, please forward a copy of the health appraisal form to the health office. This will allow us to update your child's health record. The copy may be sent in via your student, mailed or faxed at 242-5156. **The school nurse's office welcomes a physical form on any child.** It helps keep your child's health record accurate and up-to-date. Anytime your child has a physical, please forward a copy of the health appraisal form to the health office.

It is also recommended that an acknowledgement of a dental exam be forwarded to the Health office.