

# The Hull School Nurses Page

## Welcome to the Nurses Page

We are pleased to work together as a team along with the family in promoting and maintaining optimum health of each child. If you should have any questions or concerns please contact the individual nurse at your child's school.

### **Lillian Jacobs Elementary School**

Barbara Meschino, RN  
Office Hours: 8:30 – 3:00  
Telephone: 781-925-4400 ext. 1123

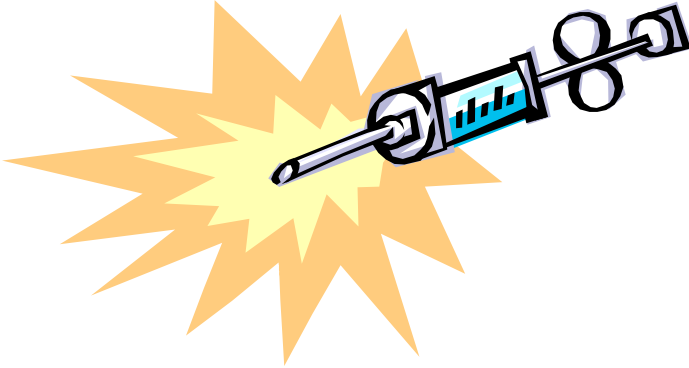
### **Memorial Middle School**

Sharon Striglio, RN  
Office Hours: 8:00 – 2:35  
Telephone: 781-925-2040 ext. 1106  
Email: [Sstriglio@town.hull.ma.us](mailto:Sstriglio@town.hull.ma.us)

### **Hull High School**

Kathleen Hollingshead, RN  
Office Hours: 7:15 – 2:30  
Telephone: 781-925-3000 ext. 1102  
Email: [Khollingshead@town.hull.ma.us](mailto:Khollingshead@town.hull.ma.us)

## Immunization Requirements



Massachusetts General Laws chapter 76, Section 12, specifically prohibits admitting a student without a physician's certificate that the child has been successfully immunized as outlined below; unless religious or medical exemptions apply.

DtaP/DTP	5 doses
Polio	4 doses
MMR	2 doses
Hepatitis B	3 doses
Varicella	1 dose
Proof of lead screening.	

Students entering at a later date after 7<sup>th</sup> grade will need to have an updated Td booster (within the past 5 years).



## Medication Policy

To ensure the health and safety of students requiring medication during the school day, the following procedure must be followed;

1. Prescription medication must come in the original bottle with a label showing student's name, medication name, dosage and directions and physicians name.
2. Medication Consent Forms completed by both the physician and parent.
3. All medication must be delivered by a parent or designated responsible adult.



## **Physical Examinations**

Hull Public Schools follows the Department of Public Health Guidelines and requires a physical BEFORE starting kindergarten and sometime while the student is in Grade 3, 7 and 10.

## **Sports Physicals**

According to the MIAA Regulations every student planning to participate in interscholastic sports at the high school will need an updated physical BEFORE being allowed to practice. This physical is acceptable for 13 months.

Sports Physicals are offered to students free of charge at the High School by the school physician once during the summer months.

## **Special Health Considerations**

Please inform the school nurse of any special health considerations your child may have including: daily medications (even those given only at home), allergies, asthma, diabetes, hearing or vision difficulties or difficulty with mobility. The nurse will help plan any accommodations your child may need as well as familiarizing other school staff with any special health needs.

## **Emergency Cards**



Emergency cards are distributed to students on the first day of school. This card is to be returned with complete information regarding telephone numbers (including cell phones and pagers) where parents and/or guardians can be reached during school hours. Phone numbers for other contacts should be the daytime number. Information on the card is essential for your child's health and safety during the school day. Please maintain communication with your child's school regarding any changes in telephone numbers, addresses or health information.

## THE FLU:

### WHAT PARENTS NEED TO KNOW TO KEEP KIDS KIDS HEALTHY

**With flu season upon us, it is important that we work together to keep our children and school healthy. By keeping our children flu-free, we benefit the community as a whole. Additionally, healthy students miss fewer days of school, which results in less stress on the family.**

#### What measures can you take to prevent the flu

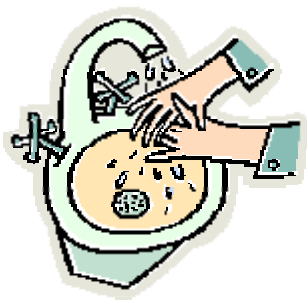
- Wash your hands often with soap and water or use an alcohol-bases hand sanitizer. Remember “cough etiquette”
- Cover your mouth when you cough or sneeze
- Avoid touching your eyes nose or mouth
- Clean things that are touched often such as your phones, remote controls and refrigerator handles
- Avoid close contact with others who are sick
- Stay home when you are sick
- Encourage you family and friends to do the same
- Talk with your doctor about getting a yearly “flu shot”



## MRSA

A lot of information is coming through the media regarding MRSA (the super bug). Methicillin-resistant Staphylococcus aureus is a kind of bacteria that is resistant to some kinds of antibiotics.

It, as with any “staph” infection, is spread by direct skin-to-skin contact such as shaking hands, wrestling or other direct contact with the skin of another person. It can also be spread by contact with items that have been touched by people with staph, like towels shared after bathing and /or shared athletic equipment.



Staph infections start when staph gets into a cut, scrape or other break in the skin. People who have skin infections—painful, swollen pimples, boils and rashes for example should be very careful to avoid spreading their infection to others.

MRSA is different from other staph because it cannot be treated with some antibiotics. The right antibiotic must be used. MRSA is just like other staph in almost every other way:

- MRSA can be carried on the skin or in the nose of healthy people and usually not cause an infection that will make them sick
- It can cause minor infections that go away without any special medical treatment
- It is spread the same way as other staph
- The symptoms are the same as other staph infections

Prevention:

- Regular handwashing with soap and water or use an alcohol based hand sanitizer
- Keep cuts and scrapes clean and covered
- Avoid contact with other people's wounds
- Avoid sharing personal items
- Keep your skin health and avoid getting dry cracked skin
- Contact your doctor if you have a skin infection that does not improve

For more information on MRSA, go to:

- [www.mass.gov/dph](http://www.mass.gov/dph)
- <http://www.nytimes.com/2007/10/27/nyregion/27mrsa.html?ref=nyregion>
- <http://www.webmd.com/skin-problems-and-treatments/understanding-mrsa-methicillin-resistant-staphylococcus-aureus>
- <http://www.coughsafe.com/index.html>

## Substitute Nurses

The Hull Public Schools are always looking for substitute nurses. If you are an RN, who might be interested, even to do it occasionally, please call Kathe Hollingshead at 781-925-3000 ext. 1102, or any of the school nurses.

