



Education Center
Sewickley
301 Camp Meeting Road
Sewickley, PA 15143
(412) 741-1800

Friendship Academy
255 South Negley Avenue
Pittsburgh, PA 15206
(412) 365-3800

LEAP Preschool
Training and Consultation
WISCA
200 Linden Avenue
Pittsburgh, PA 15215
(412) 781-1708

Education Center South
WISCA
230 Hickory Grade Road
Bridgeville, PA 15017
(412) 914-8800

Dear Parent/Guardian:

School districts across Pennsylvania have worked to develop wellness policies related to healthier eating, physical activity and health screening. This was required through the Childhood Nutrition Reauthorization Act of 2004. Our school cafeteria now serves healthier foods, including a larger variety of fresh fruits and vegetables. Carbonated beverages and chips are no longer available. The American Academy of Pediatrics, a group of doctors who care for children, suggests that families:

- Eat healthy snacks like fruits, vegetables, and foods high in fiber for energy, low in sugar and salt
- Drink fewer sodas and drink water, low-fat milk, or low sugar/low-calorie drinks
- Get plenty of exercise and sleep; limit television, video and computer time
- Take family walks, exercise together and try to put more movement into your lives!

Healthy habits start early. Good nutrition, physical activity and other health habits will affect your child's wellness and life.

During the 2007-08 school year, we implemented the Pennsylvania Growth Screening Mandate. This mandate requires school nurses to record students' Body Mass Index (BMI) when they are weighed and measured. The BMI screening is used to assess the growth of children. A wide range of heights and weights are considered normal for boys and girls, since children grow at different rates even when they are the same age. Height and weight changes over time, and so will the BMI number. We will do screenings in all grades. Doctors use screenings to find problems early. This may help prevent more serious problems from developing later. BMI is a good "clue" but only additional testing by your doctor can fully assess screening results. You will be informed in writing by the school nurse of abnormal results of the screening, and we ask that you share the results with your child's doctor.

Enclosed for your review and return is the **Emergency Care Form**. This form is **extremely important!** It gathers emergency, immunization and health care information. In addition, all students in grades **K/1, 6 and 9** are mandated by the State of Pennsylvania to have physical examinations. You may decide to have your family doctor complete the physical examination, or a school nurse practitioner can do the physical examination for you. Please read the form carefully, complete it and return it to your child's school by **September 23, 2019**.

With your consent, the school nurse will administer any/all medications listed in the packet on the emergency care form. Once you have completed the form, please sign, date and return it to your child's school by **September 23, 2019**. Permission will be in effect for the 2019-20 school year.

*Exceptional Children
Achieving Exceptional Results*

www.thewatsoninstitute.org



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The Allegheny County Department of Health issued **new immunization requirements** in the 2019-20 school year for all students. If your child needs any of the required immunizations, he/she can be vaccinated by your family doctor or through the Allegheny County Health Department (412-578-8060). **The required immunizations must be completed in order for your child to begin the 2019-20 school year.** This information must be sent to the school nurse before your child can attend any school in Allegheny County in the 2018-19 school year.

All children should have health care coverage. We will assist parents whose children are uninsured and want to obtain free coverage through CHIP (Children's Health Insurance Program) or the Allegheny County Health Department. We continue to work closely with the Caring Foundation for Children and the Consumer Health Coalition to ensure that all students receive health care insurance. The Allegheny County Health Department also has a program to provide **free/low cost dental care for children**. If your child is not currently insured, and you would like our assistance, we will (with your consent) arrange for someone to contact you. Our school nurses and social workers are available throughout the school year to help you complete an application and answer questions.

Thank you for reading and responding to this important information. Please do not hesitate to call the health office at **412-365-3841** for additional information. We wish you and your family a very healthy and productive school year!

Sincerely,

Mary Beth Boylan, PhD.
Clinical Director

Brooke Thomas, RN BSN
School Nurse

Patrick Rodgers, RN
School Nurse

Attachments