

Pulaski Academy and Central School

Health Offices Welcome

There is a School Health Office in Lura Sharp Elementary School and in the Middle School/High School. Each Health Office has a School Nurse Office and a School Based Health Clinic (SBHC). The school nurse is available to assist all students in the school. The SBHC is a full service health center operated by Connex Care (formerly known as Northern Oswego County Health Services, Inc. or NOCHSI). Their primary care provider is available to treat students who enroll in their program.

In the nurse's office, it is often necessary to treat students with common first aid applications. For the safety and comfort of the students, nurses may use: petroleum jelly, rubbing alcohol, hydrogen peroxide, calamine lotion, antibiotic ointment, burn spray, and/or eyewash solution. Please provide the nurse with a note if you do not want any or all of these applications used for your child.

If your child needs prescription or non-prescription medication during school hours, please refer to the school's Medication Procedure. Students must not carry medication in school. The only exceptions are students who have written permission to self-carry and administer emergency medications. Explanation of the Medication Procedure and relevant forms are available on the school website.

Student physicals are mandated by New York State for all new students and students in grades Pre-K or K, 1, 3, 5, 7, 9, and 11. Documentation of the exam must be completed by the provider on the Required NYS Health Examination Form. Students enrolled in the SBHC may have their physical completed in school. If your child has his or her physical with another provider, please submit a copy of the Required NYS School Health Examination Form to the school nurse. Dental Health Certificates are also requested for students in a grade in which physicals are required. Forms are available on the school website.

Physicals are also required for any student wishing to participate in interscholastic sports. Interval Health History forms (i.e. 30-day forms) must also be completed by a parent/guardian within 30 days of the start of each sports season. Explanation of the Sports Clearance Process and relevant forms are available on the school website.

If your child is in a grade in which physicals are required, his/her weight status will be reported to the New York State Weight Status Survey (i.e. BMI Survey). Only summary information is sent; no names or individual student information is sent. However, you may choose to have your child's information excluded from the survey. An opt-out form is available on the school website.

All forms are available on the school website, pulaskicsd.org, in 'Health Services' under the 'District' tab. If you have any questions or concerns, feel free to contact your child's school nurse.

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