

Welcome to The St. Bridget School Health Office

General Information:

A Registered Nurse is in the Health Office daily from 8:50 am to 3:50 pm.

Email Nurse@StBridgetSchool.org

Phone 203 272-5860

Fax 203 271-7031

I hope you all have had an enjoyable summer. With the beginning of the 2026 -2027 school year here, I would like to share some information.

Reporting an Absence

When your child is absent from school please email your child's teacher, the school nurse and the mail office in one email. In the email please include the reason as to why your child is absent.

Health Physicals and Immunizations:

Physical Assessment and updated Immunizations are mandatory for Pre K 3,4, Kindergarten and Grade 7. Please obtain a physical and updated immunizations for your child and send them to the school Health Office as soon as possible if you have done so. Thank you to all the families that have sent in updated forms throughout the summer. Physicals should be dated within one year of the start date of school.

Sports

The Physical Assessment Form fulfills the required state mandated exam needed for sports as well. Please note that sports physicals are only valid for 13 months from the date of exam. Examinations must be valid on the first day of try-outs. If your child's physical exam expires any time during the sports season, they will be excluded from participation until a new exam is provided. Yearly mandatory Concussion forms need to be completed as well. If your child is thinking or planning on participating in any sport at St. Bridget's, sending in their yearly Physical Exam is a good routine to follow.

Health Screenings for Hearing, Vision and Scoliosis

Hearing and Vision screenings are done in the Fall for all K,1,3,4,5 students. Vision screenings are done by The Loin's Club for nearsighted/distance only. Symptoms of farsightedness in the classroom will be brought to your attention if noted by teachers, so you may have your child further evaluated.

Scoliosis screenings are done by the school nurse in January for 5th Grade girls and 8th Grade boys.

Contagious Viruses

As we all know, many contagious viruses circulate our community. Many times the contagious period is before you begin to show signs of illness. In the attempt to keep the St. Bridget School community as healthy as possible, we are asking parents to be diligent in adhering to the school health policies. We ask the following to assist in our efforts:

- 1) To help control the spread of viruses, we ask that you keep your child home when showing signs of illness. Coughing, muscle aches, nausea or vomiting, fever, lethargy and cold symptoms are some symptoms to monitor even if no fever is present.
- 2) Students should be fever free 24 hours without the aid of Acetaminophen or Ibuprofen before returning to school.
- 3) Students should not be in school within 24 hours of vomiting or active bowel/gastrointestinal upset.
- 4) For most common illnesses that require prescribed antibiotics, your child can return to school 24 hours after the first dose is taken.
- 5) Contact your physician for any of the above symptoms lasting longer than 24 hours.
- 6) Continuing reminders at school and home on proper hand-washing, as well as covering mouth and nose when sneezing and coughing, is important.
- 7) Please report the reason for the absence of your child in one email including the homeroom teacher, the main office and me the school nurse.

Shared Treats in Classroom

SHARED TREATS IN CLASSROOM AND SNACKS

We continue to highly recommend all shared birthday treats, party treats/food and snacks to be nut free.

Store bought items with a label are recommended.

Homemade items are NOT recommended.

If okay with parents, Nut allergy students can also have this treat. A discussion will have to be had between the classroom teacher and parent for approval.

Students with a Nut allergy or any other related allergy can bring in their own allergy safe treat to be kept in the classroom or Health Office.

The Nurse is always available for guidance.

SNACKS

As above, we continue to highly recommend all snacks to be nut free but not required. A plan will be in place between the classroom teacher and student/parent with allergy concerns.

Lunch in Dining Hall

Food containing nuts will be allowed in the Dining Hall, students with nut allergies will have the options of sitting with the general population or at an Allergy free table. Please let me know if you would like your child to sit at a nut free table during lunch.

Thank you,

Gabriella Connolly, RN

St. Bridget School

Nurse@Stbridgetschool.org