

JERSEY CITY PUBLIC SCHOOLS
EARLY CHILDHOOD DEPARTMENT
346 CLAREMONT AVENUE
JERSEY CITY, NEW JERSEY 07305
(201) 915-6078

October, 2017

Dear Parents/Guardian:

I would like to take this opportunity to introduce myself. My name is Yolanda Cabrera, RN CSN, your early childhood program nurse. As your healthcare official, my main priority is the safety and well-being of your child. It is important as the parents/guardian of a preschool child, to adhere to health guidelines to ensure a safe school environment.

The following guidelines will be helpful in determining when your child should remain home. Your child should stay home if he/she has:

A temperature of 100.0 or above (child should remain at home until fever free for 24 hours)
Vomiting or diarrhea
Red, tearing eyes with or without yellowish discharge and/or a pinkish color noted to the white part of the eye (must bring a doctor's note)
Sore throat or earache
A bad cold (coughing, runny nose, sleepiness, with or without fever)
Contagious disease, i.e. chicken pox

If your child is absent for 1 day or more, he/she should bring a signed note from you explaining the reason for the absence. **Please be aware that the principal/director may also require additional verification, such as a note from the doctor, to substantiate the reason for absence.**

During the school year, I will periodically make visits to your child's classroom. I will perform non-invasive screenings with your child such as vision, dental, height, weight, blood pressure, and hearing referral (if needed).

As you know, personal hygiene skills are very important for children. Being clean is part of being healthy. To minimize the spread of infection in your child's classroom, please adhere to the following hygiene guidelines:

Clean linens should be supplied weekly – (crib sheet and blanket)
Practice proper hand washing and bathing on a regular basis
Keep fingernails trimmed and clean

If you have any health-related questions or issues, ask your child's teacher to contact me. I am here to assist you in any way I can. My mission is to provide and maintain a SAFE and HEALTHY environment for your child.

I am looking forward to a wonderful and healthy school year!

Yours truly,

Y. Cabrera, RN, BSN, CSN
Early Childhood School Nurse