

It is my goal to partner with you and the PMS staff to keep your student healthy, in class, and ready to learn.

Office hours are from 7:30 am to 2:30 pm

My phone number is 698-8410 ext 146

FAX number is 302-698-8419

My email address is Jill.Carroll@cr.k12.de.us

When to keep your child home from school:

- Temperature over 100 degrees in the last 12-24 hours. If you suspect that they may be sick please check their temperature with a thermometer before sending them to school. If they have a fever it is not appropriate to send them to school, even if you give them Tylenol and their fever breaks. They will still be contagious to other children and will also not be feeling well enough to learn.
- Vomiting or diarrhea in the last 12-24 hours.
- An unexplained rash.
- Earache.
- Red or crusty eyelids or drainage from eyes.
- Headache, cough, sore throat, or congestion severe enough to interfere with attention to school work.
- Flare-ups of asthma, that would make it difficult to work in school.

New Student Requirements

Students attending Postlethwait Middle School as a first time student to a Delaware Public School must have documentation of a physical (within 2 years), up-to-date immunizations, and TB screening (within 12 months) by the time they start school. This is a Delaware law. Noncompliance may result in your child being excluded from school.

[School Physical Form](#)

[Requirements for School Entry](#)

Medications

All Medications will be kept in the nurse's office. If a student needs to take medicine during school hours, parents/guardians need to bring the medication in its original container with dosage and directions on the label to the nurse's office. A consent form will then need to be signed to administer the medication during the school day. Medications should be administered at home as much as possible to avoid students missing class time.

It is recommended that all students with asthma and/or allergies have asthma and allergy medications (inhalers/nebulizers/epi pens) kept at school. Students participating in sports who use inhalers should carry an inhaler in their book bag for use during after school sports as needed. Permission for students to carry their own inhaler is required. This form can be obtained from the nurse's office.

[Sports Physicals](#)

A current DIAA sports physical is required for students to participate in after- school sports. For the school year, the physical must be dated on or after April 1st of the current year. The form can be obtained from the school website or the main office. This is a state law. No exceptions will be made.

[DIAA sports physical form](#)

Health Screenings

All Postlethwait Middle School students will have an orthopedic screening. This screening is done each year and assesses posture, curvature of the spine, and any abnormalities with walking.

All 7th grade students will also have a vision and hearing screening.

Parents/guardians will be notified with any concerns or findings from the screenings.

**We do not keep extra clothes in the nurse's office. Please encourage your child to keep a seasonal appropriate change of clothes in their locker for circumstances that may arise. Thank you.

Sharing in their care,

Jill Carroll, RN, MSN

[Asthma Action Plan](#)

[Allergy Action Plan](#)