

# West Brook Nurse's Office

*Nurse Fox and Nurse Lanzaletto*



# West Brook Middle School Nurses

Ms. Fox and Ms. Lanzalotto are here to answer any of your questions about staying healthy and safe.

You can email us at:

[nfox@paramusschools.org](mailto:nfox@paramusschools.org)

[llanzalotto@paramusschools.org](mailto:llanzalotto@paramusschools.org)

Or call us at::

201-261-7800, ext. 8222

201-261-7800, ext. 8223

# Attendance Daily



- Please contact Ms. Fox or Ms. Lanzalotto via **EMAIL** or **PHONE** when your child will be absent or late.
- Indicate the reason and be specific  
Communication is essential especially during the pandemic.

# Student Wellness Form

Please fill out the Student Wellness Form after 8 PM every day your child will be attending school

Check your child's temperature in the morning before school to ensure it is less than 100

If your child is not feeling well, please keep your child home

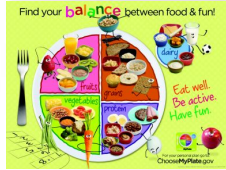
# Special Health Needs

Individualized Health Care Plans and Health Care Plans for:

- Asthma
- Life Threatening Food Allergies
  - Seizures
  - Diabetes
- Other Chronic Health Concerns

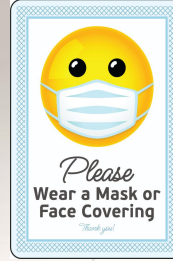
# Welcome to West Brook's Health Office

## \*\*\*Click On The Words For The Attached Links\*\*\*



Diabetes

Seizures



Allergy  
Epi-pen

Asthma



Physical  
Exam

Health  
Forms

Medication  
in  
School



E-mail!

COVID-19  
Parent  
Resources

# When your child needs a nurse but is not ill

*Students will be treated at their location or in the health office.*





# When your child is ill in school

- Assessed by the nurse
- If symptoms are signs of Covid...
  - Student will be monitored in Isolation Room
  - Emergency contacts must be current and available to pick up immediately





# Resources

## COVID-19 HEALTH RELATED POLICIES AND PROCEDURES

- Paramus BOE Policies and Procedures
- Face covering for students
- Daily screening protocols
- Sick day guidelines
- Covid-19 resources
  - <https://sites.google.com/paramusschools.org/paren>

# Health Promotion



# Wash Your Hands



**Wet**



**Soap**



**Scrub**



**Rinse**



**Dry**



**Turn the  
Water Off**

**How long  
should I  
wash?**

**As long as it  
takes to sing  
your ABC's!**

# Health Promotion





BE SMART



BE SAFE

WASH YOUR



HANDS



STAY SIX



BE HEALTHY

FEET APART



# Health Promotion

- Positive Thinking
- Healthy Coping Strategies
  - Healthy Diet, Staying Active, Sleeping Habits
- Social Connections



**Please contact the Health Office if  
you have any questions or concerns.**

Ms. Nancy Fox, RN, CSN

[nfox@paramusschools.org](mailto:nfox@paramusschools.org)

Ms. Lisa Lanzalotto, RN

[llanzalotto@paramusschools.org](mailto:llanzalotto@paramusschools.org)

[g](#)

