

SCHOOL HEALTH FORMS INFORMATION

Dear Parents/guardian:

At the beginning and throughout the school year, forms seem endless and often redundant. In order to assure the health and safety of your son or daughter and all of our school community, there are certain health forms that must be submitted and up to date. I hope the following clarifies questions you may have regarding health and/or athletic participation forms. Please review the attached *Parent Guide to School Health* and *Medication Orders* information sheets for future reference throughout the school year. In addition, all forms are available on the school website at www.saintmichael.com

Best regards and stay healthy, *Linda Sullivan RN*

- **ALL STUDENTS-** yellow *Health Emergency Card & Update*- required ASAP at the beginning of each school calendar year (and updated whenever information changes throughout the school year) to assure immediate contact with you as needed and also for health updates & permission to deliver meds per school protocol- see attached sheets: *Parent Guide to School Health* and *Medication Information*.
- **NEW STUDENT-** physical exam with immunization history (within one year of school entry date) and *New Student Questionnaire*.
- **RETURNING STUDENT in grades kindergarten, 2, 4, & 6 or 7-** physical exam with updated immunization history.
- **STUDENT WHO RECEIVES A NEW IMMUNIZATION-** Please submit information to assure accurate immunization history is on file.
- **STUDENT PARTICIPATING IN AN AFTER-SCHOOL ATHLETIC ACTIVITY- *Athletic Medical Form*.** There are usually misunderstandings regarding this form. This form must be filled out as outlined below in order for your son or daughter to participate in school sponsored athletic activities throughout the school calendar year.
 1. What is required:
 - **PHYSICIAN permission/signature-** ONCE PER SCHOOL CALENDAR YEAR via *Athletic Medical Form* **OR** routine physical exam* completed by physician, signed, & dated within 1 year of sport being played that includes clearance for your child to play in competitive sports. (*securely attached to *Athletic Medical Form* or on file with school nurse)
 - **PARENT permission/signature-** required and signifies that no changes to your son or daughter's health have occurred since the original signed and dated physical exam allowing medical permission for competitive sports by your child's physician. *** Parents must notify the office in writing if any changes occur regarding the information on the form during the school year. **NOTE:** If your son or daughter sustains any head or orthopedic injury after the original physical exam, additional signed and dated physician permission for return to play is required.

Thank you for your understanding and attention to these details. If you are still unsure, please call or leave a message at (978) 686-1862, ext.13 or email the school at st-michael@comcast.net attention to Nurse or Linda Sullivan. I will get back to you within 24 hours of receiving your message. Your comments and/or suggestions for future methods of obtaining required information are always welcome. I am a firm believer in TEAM- *Together Everyone Achieves More!*