

July 1st, 2014

Hello from the Nurse's office!

I hope this letter finds you all healthy and excited about the new school year!

There are a few important reminders from the health office:

1. All students need to have their medical forms up to date. These include:

a. Physical exam – any NEW students must have a physical on file with the nurse.

Physicals are required every 3 to 4 years thereafter in grades 9 and 10.

Please note – students wishing to participate in sports must have a physical on file that was done within the calendar year. Practice begins next week, so please check with your child's physician to be sure s/he is up to date, and provide SACS with documentation.

b. Immunization records -- All students must provide immunization records to the school. If your child is entering 7th grade and is 11-12 years old, they must have received a Tdap or DTap immunization. This covers tetanus, diphtheria and pertussis and is required for school attendance.

c. Permission to Treat – all students must have a signed permission to treat form in the nurse's office. This is a standing order reviewed by our medical director which allows the nurse to provide a number of over-the-counter remedies on an as needed basis. Parents may decline these treatments, but the form must be on file indicating either permission or an alternative plan (i.e. call parent, no hydrocortisone, etc).

d. Emergency medications -- If your child has an allergy for which s/he requires an emergency Epipen, or uses an emergency asthma inhaler, please provide this medication for the nurse's office. If you would like your child to carry his/her own Epipen or inhaler, please sign the attached sheet authorizing this. PLEASE NOTE – the school must be aware of any child carrying his/her own emergency medication. ****Any other medications must be brought to school by the parent/guardian and stored in the nurse's office****

2. WATER -- Water is essential for health! Among the many benefits are regulating body temperature, fighting off headaches and fatigue, flushing any unnecessary products from the body and increasing brain power. Water helps us focus and stay alert. Drinking water is one of the easiest and most effective ways to increase productivity and wellness, so pack a bottle for your kids!

In conclusion, please review the attached forms and return them as soon as possible. If you have already done so, please disregard this message, and if you are unsure what we have on file, don't hesitate to call. Thank you,

Sincerely,

Health Office
Salem Academy Charter School
978-744-2105 x111