

Nurses' Nook - end of year reminders.

Here are a few reminders for the end of the school year to “cross all the T’s and dot all the I’s” before the end of the year:

Physicals are required by MA law every 3 to 4 years for all students. **In this district we collect those in Kindergarten, 3rd grade, 7th grade and 10th grade.** If the nurse in your school has requested a physical exam for your child in one of these grades please turn that in as soon as possible.

In addition for students participating in school sponsored sports a physical is required **every year**. If your child is planning on participating in a sport in the fall please make sure that a physical is turned in well before the start of fall sports which is 8/17/18 for football and 08/23/18 for all other sports. (The online registration opens 08/01/18.)

FLMS Cross Country and Soccer start (9/4/18). All paperwork is required in advance prior to participating in any **practices or games**. Paperwork required includes: current physical (within 15 mos.), Athletics Permission Form and Head-Ups form.

Children in MA schools are required to be up to date on immunizations. You may check [here](#) for current immunization regulations. A **NEW regulation** requiring all exemptions to immunization to be updated yearly goes into effect this September of 2018. If your child has a medical exemption to immunization (quite rare) the law requires a new note from his/her provider before the start of the each school year. If immunization is against your sincere religious beliefs a letter to that effect must be provided to the school nurse before the start of school in September each school year.

Taking care of the above paperwork now will allow your child to start school as smoothly as possible in September.

As always, if you have any questions, please feel free to contact the nurse in your child’s school.