

## Nurse's Nook...

### Paperwork, paperwork!

At the beginning of the school year sometimes the paperwork that parents need to fill out or follow up with can seem overwhelming, but it is all with the intent of helping your children be safe in school. Here are the underlying reasons for many of the items:

- Emergency contact forms are required to be filled out every year so that we have up to date contact information should an emergency occur. With our busy lives it is easy to forget to inform the school of a change, but it is never good to have a sick or injured child and not be able to contact a loved one to help that child. We collect these yearly to keep them up to date but please do contact the school with any changes.
- 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. In addition for students participating in school sponsored sports a physical is required *every year*. Your child's physician's office cannot send the physical to us without your explicit permission. We need you to help us by getting those forms when you go in to see the provider for the visit. The physical must be signed (or electronically signed) by the health care provider to make it valid.
- Students needing to carry or take any type of medication in school or for school sponsored activities are required by law to have on file a written health care provider's order and a written parent permission form. If your child needs life-saving medication such as an epipen, diabetes medication, or something to stop seizures these should be completed by the first day of school for your child's safety.
- Any time your child gets a new immunization it is nice to provide the school nurse with a copy of the paperwork. Before a child is allowed to enter PreSchool or Kindergarten he or she must be immunized in accordance with MA law. In addition there are immunization requirements that kick in before a child is allowed to enter 7th grade. Providing the nurse with this paperwork in advance will make things run smoothly and ensure that your child doesn't miss any valuable class time.

As always if you have any questions or comments please contact the nurse in your school.