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**NOTES FROM THE NURSE**

**Medications:**

If your child requires medication during the school day, and/or on an overnight school trip, please send it to school in the original container, clearly labeled with the dose and the time of administration. *The authorization form must be completed, including physician's signature, and sent along with the medication. A new authorization is necessary each school year and for each change of medication during the year. No medication will be administered without proper documentation.*

If your child requires an epipen for allergy or an asthma inhaler, additional forms must be completed regarding self-administration at school. NJ law now requires an Asthma Action plan for all children with Asthma. *The child's doctor must sign the forms.*

**Physical exams:**

Center School offers interscholastic team sports. A physical examination by a physician is required by state law for any Middle School or High School student playing these sports. The exam must be recorded on the state athletic physical form. Part A and B must be completed. Only one physical per school year is required for participation in one or more sports. The physical must be done within 365 days of the first game. *Center school must have a completed copy of the physical before a student is allowed to play a sport.* The Center School physical form cannot be accepted for sports. The school form is acceptable for any student not wishing to play team sports.

**Gym Excuses:**

A physician's note is required for all exclusions from gym totaling more than three days. The note should include the type of injury and the length of the exclusion. If the note does not include a specific reentry date for gym, the child is excluded until the physician writes a reentry note. A parent note is not acceptable for reentry. For occasional injuries or illnesses not requiring a physician's care, a parent may write a note excusing a child for up to three days. After three days, if the child cannot return to gym, a physician's note must be obtained.

**Records:**

In order to keep your child's health record updated and to help me to meet your child's needs, please notify me at any time during the school year if your child,

- Has a physical exam
- Receives immunizations –including tetanus
- Changes medications or dosages
- Has a communicable disease
- Has an illness or injury requiring a doctor's care

**Nutrition:**

In an attempt to foster optimum child health, New Jersey has set standards for food sales in schools. Parental cooperation is important in teaching these standards. We are asking that students not bring soda, energy drinks or junk foods containing primarily sugar to school. All snacks sent for the whole class must be nut free. Your help is greatly appreciated.

I am available daily from 8:25-2:55 at 908-253-3870 x. 160.

Thank you for your cooperation.

*Kathi Marino* - Certified School Nurse

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