

## Health Policies 2020-2021

This Health Policies Statement provides parents and students with general information about the health services at Tilton School and apprises them of the School's position on potentially controversial issues in healthcare today.

The health needs of Tilton students are met by registered nurses in the Sabra Hamilton Health Center on campus.

The philosophy of the Health Center is based on the fact that the age group of 14-20 in any society is the healthiest. Kindness, courtesy and humane discipline form the basis from which we attempt to provide nurturing care and health education. The Health Center acknowledges that academic responsibility is Tilton School's primary concern providing that the student is physically, medically and emotionally capable of meeting this responsibility. At all times the student's well-being is to be considered the most important priority.

We have moved to Magnus Healthcare online health forms and we ask that you follow the directions from the email you receive to complete the health forms.

1. **School Physical Examination:** Each student is required to have an annual physical examination. This is to ensure that our students are physically capable of participating in our academic and extracurricular programs. It also reassures us that health problems are being monitored. A teenager's body is constantly changing and maturing during the teen years. The yearly physical exam requirement can and has detected life-threatening problems and provided early treatment for students. Students will not be allowed to participate in any athletic activity, especially Preseason Camp, until a physical examination has been performed. Therefore, families must arrange for a physical examination at home as soon as possible. All physicals must be completed and dated within 12 months of the student's arrival on campus each fall.
2. **Immunizations:** New Hampshire State Law requires that all students be fully immunized prior to enrollment at school. Please carefully review the immunization form and the State of NH requirements and make sure your student is in compliance. If, for religious reasons, your son or daughter is not immunized, you must contact the Health Center prior to registration day. The necessary waivers must be signed and notarized prior to registration.
3. **Emergency Services:** Every effort is made to contact parents or guardians to inform them of serious illness or injuries. If parents or guardians will be away for an extended period of time, we ask that you inform the school where the Health Center will be able to reach you during that time.
4. **Prescription Medication:** The Health Center must be aware of all prescription medications that a student is taking while at Tilton School. Medications for some conditions such as acne, asthma, or allergies may be kept by the student. All medication for Attention Deficit Disorder and Attention Deficit Hyperactivity Disorder, any type of emotional disorder, or medications that have the potential of becoming addictive **MUST** be kept in the Health Center and will be given to the student on a per-dosage basis. Any other possession of these prescription drugs is a violation of our Drug & Alcohol Policy.

**Tilton School restricts any student from transporting these prescription medications with the following exceptions:**

Students, with parent/guardian permission, may transport these medications **FROM** school for an extended time away from school. At all other times: **all medication must be brought directly to the Health Center by a parent or legal guardian in the original container with the student's name on the label.** If this is not feasible, we ask that either the medication or the prescription is mailed directly to the Health Center. The label is not to be written on or changed in any manner except by the pharmacist. **If international students are taking prescription medication it must be prescribed by a US provider, per NH State Law.**

**Please consult the Health Center if there are any questions regarding these policies.**