

Mount Pleasant Central School District Health Office

Welcome to the new 2023/2024 school year. The following Health Forms will be **required** upon entering school in September.

[Student Health Inventory Form](#) - Completed by a parent/guardian for all students in all grades. This will give the nurse the most up to date health information for each student.

[Spanish Student Health Inventory form](#)

[NYS School Health Examination Form](#) - Required for Grades K,1, 3, 5, 7, 9, 11 and New Entrants.

- *A physical must be updated within the year of school/sports starting in order to be eligible to participate in JV/Varsity and Modified sports.*

Dental Certificate - Requested for Grades K, 1, 3, 5, 7, 9, 11 and New Entrants.

Dental Certificate form can be found attached to [NYS School Health Examination Form](#)

[Medication Authorization Form and Independent Medication Carry and Use Form](#)

- Must be completed by parent/guardian **AND** physician if your child requires medication in school (daily or on as needed basis). This includes over-the-counter medications. Specific self-carry form needed for inhalers, epipens, diabetes management. *NEW MEDICATION FORMS NEEDED EACH NEW SCHOOL YEAR.*

Forms needed for school and sports clearance:

1. [Food Allergy Anaphylaxis Emergency Care Plan, English \(if applicable\)](#)
[Food Allergy Anaphylaxis Emergency Care Plan - Spanish \(if applicable\)](#)
2. [Bee Sting Medication Form \(if applicable\)](#)
3. [Seizure Disorder-Emergency Care Plan Form \(if applicable\)](#)
4. [Asthma Action Plan \(if applicable\)](#)
5. [COVID-19 Return to Play Packet \(for athletics grade 7-12 if applicable\)](#)

Vaccine Mandates:

- Please see the [Meningococcal vaccine letter](#) on the website explaining the mandate for all incoming 7th, 8th, 9th, 10th, 11th and 12th graders
- Please see the Tdap vaccine letter on the website explaining the mandated vaccine for 6th graders

All Forms are accessible on your home school website: click Quick Link - Nurse's Office located at the bottom of the web page or click the link below. [Nurse's Office](#)

Mount Pleasant Central School District Health Office

July 2023

Dear Parents/Guardians of Students in Grades K, 1, 3, 5, 7, 9, and 11 :

NYS law requires that students who will be in grades K, 1, 3, 5, 7, 9, and 11 for the 2023/2024 School Year have a Health Exam on file from a Health Care Provider in the School Health Office ***dated no earlier than September 6, 2022.***

- This health exam will only be accepted if it was done within the 12-month period prior to the beginning of this new school year through the present.
- Per law, the health exam should be submitted ***within thirty days*** after school opens. In keeping with this law, please be sure to **submit your child's health exam form.**

You can find a ["NYS School Health Examination"](#) form on the Nurse's Website on your child's school's home page under Quick Links. Your child's physician may substitute his/her own NYS approved form.

Please either fax, email or send a copy of the health form to school with your child. Please disregard this request if you have already submitted your child's Health Exam form.

Please call your student's School Health Office if you have any questions or concerns. Thank you in advance for your attention to this important matter.

HES: Lisa Ciliberti,RN	914-769-8535 fax	914-769-1719	lciliberti@mtplcsd.org
CES: Cindy Woods,RN	914-769-8537 fax	914-769-8512	cwoods@mtplcsd.org
WMS Cheryl Horowitz,RN	914-769-8539 fax	914-769-0120	chorowitz@mtplcsd.org
WHS: Mary Jane Au,RN	914-769-5554 fax	914-747-5018	mau@mtplcsd.org

NYS Mandated Health Appraisals and Screenings

Our District's School Health Services program supports your child's academic success by promoting health in the school setting. One way that we provide care for your student is by performing the health screenings as mandated by the State of New York.

Students who have not submitted documentation from their Healthcare provider within 30 days of the start of the school year will have the following screenings completed at school.

Vision

Vision screening for distance and near vision acuity required for all newly-entering students and students in grades K, 1, 3, 5, 7 and 11. §

Color perception screening for all newly-entering students.

Hearing

Hearing screening required for all newly-entering students and students in grades K, 1, 3, 5, 7 and 11.

Scoliosis

Scoliosis (spinal curvature) screening required for grades 5 and 7 for girls, and once in grade 9 for boys.

Health Certificate/Health Appraisal

A physical examination including Body Mass Index and Weight Status Category Information required for all newly-entering students and students in grades K, 1, 3, 5, 7, 9 and 11. Physicals must be completed within the 12 months prior to the start of the current school year to be considered valid.

Dental Certificates (Recommended)

A dental certificate is requested for all newly-entering students as well as students in grades K, 1, 3, 5, 7, 9 and 11.

A letter will be sent home if there are any findings on the screening done at school that would cause concern or need medical follow-up. Please call the school's Health Office if you have any questions or concerns.

**Mount Pleasant Central School District
Health Office**

DATE: July 2023

RE: Important Information Regarding Medication for 2023-2024 School Year

Dear Parent/Guardian:

- New medication forms ([Medical Authorization Form](#)) for both prescription and over-the-counter (OTC) medications must be signed every new school year by a health care provider and parent/guardian in order for the school nurse to administer medication to your child.
- Medication must remain in the properly labeled pharmacy or original OTC container
- The parent/guardian is responsible to have medication delivered directly to the School Health Office in a properly labeled original container by an adult
- If your child will be self carrying and independently administering their rescue medications for respiratory conditions, epinephrine auto-injector, or insulin, glucagon, and related diabetes supplies, there must be a provider written permission form completed which includes an attestation that the student has demonstrated the ability to self-administer along with written parent/guardian consent. Click on this link to see the [Independent Carry and Medication Use Form](#)
- For conditions not listed above, your child may be able to self-carry and self-administer, but the Health Office will need written permission from both you and your provider. Click on the link to access this form [Medical Authorization Form](#)

Thank you in advance for your cooperation. We wish you a fun and healthy summer!

The Mount Pleasant Central School District Nurses

Updated 6/14/2022

**Mount Pleasant Central School District
Health Office
825 Westlake Drive
Thornwood, N.Y. 10594**

Information for Parents/Guardians on Alcohol-Based Hand Sanitizers

Dear Parent/Guardian

June 2023

Hand washing for 30 seconds with warm soapy water is the best way to clean hands and reduce illness. If this is not available, alcohol-based hand sanitizers (ABHS) can be used.

The use of sanitizer will be done under adult supervision. Staff will be trained when to report concerns to the school nurse.

Please share this information with your child:

- A dime-size amount of hand sanitizer is all that is needed
- Rub over the hands until the gel is dry
- Keep their hands off their face, eyes, nose, and mouth while hands are wet
- If they have cuts on their hands or feel stinging, they should not use the sanitizer and tell their teacher

If you do not want your child to use hand sanitizer in school, or if you have any other related questions, please contact their school nurse.

Sincerely,

**Jeanne Wilson, MD
Medical Director
Mt. Pleasant Central School District**

Updated 6/2023