

Dear Parents/Guardians,

I hope you've all had a wonderful summer!

At your earliest convenience, please log on to your Aspen parent portal and complete the online Emergency Health Info/Medication Permission Form. This will allow you to share your child's medical history with the School Nurse. You can also authorize the School Nurse to administer Tylenol, Ibuprofen, Caladryl lotion, and/or Aquaphor ointment to your child as needed, according to the school medication protocol.

The short video below shows you how to access the health form online.

https://drive.google.com/file/d/1T0TLr2xMP_DEZC9_HB4j1I5m5m6mvdgS/view?usp=sharing

Physical Exams: Kindergarten and fourth-grade students, as well as those students new to the district, are **required** to have a copy of a recent physical exam performed within the last 13 months and their immunization record on file in the school Health Office. Please submit immediately if you have not done so already.

Immunizations: All immunizations must be up to date for children to attend school in Massachusetts. Massachusetts students must provide documentation of immunization, according to school requirements, or show a medical or religious exemption. Medical exemptions come from the student's doctor and document a contraindication — the reason why an individual cannot medically receive the vaccine. Religious exemptions come from the parent/guardian, and state in writing that a vaccine conflicts with his/her sincerely held religious belief. I will reach out to you directly if your child's immunization record at school is not up to date or if I do not have an updated exemption letter.

Medication Policies: All medications to be taken during the school day (as needed or on a daily basis) should be brought to the School Nurse by a parent or designated adult and require a medication order form signed by your child's doctor. A copy of a blank Medication Order form can be found on the Thoreau Elementary School's website under Parents, Health Services, School Health Forms. In addition, the following requirements must be met:

All over-the-counter medications (cough/cold remedies, antihistamines, and pain relievers, other than Tylenol and Ibuprofen) must have a physician's authorization in writing. Medications must be in manufacturer-labeled containers.

All prescription medications must be in pharmacy-labeled containers. Please ask the pharmacist to dispense a duplicate bottle for use at school. If medication is to be administered daily or on an as-needed basis, a physician's authorization in writing is required.

Lastly, I recommend all students keep a **spare change of clothes** in their backpacks in the event that they require a change of clothing. The Health Office has some extra clothes, but may not have your child's specific size.

Thank you for your prompt attention to these matters! If you have any questions, please call the Health Office at 978-318-1300 ext. 3316 or reach out to me via email at ssequeira@concordps.org.

Best,

Sara Sequeira MSN, RN
Thoreau Elementary School Nurse
978-318-1300 ext. 3316

