

Important Health Information for the Upcoming 2025-2026 School Year
*(School Nurses will be available beginning August 22nd 2025 for the 2025-26 school year)**

Student Health Requirements

Physical exams with up-to-date state-mandated immunizations are required at the following times:

1. Exam on or after August 27th, 2024, before entry into Kindergarten
2. Exam on or after June 30th, 2024, before entry into 7th grade
3. Exam on or after June 30th, 2024, before entry into 10th grade.
4. Exam within the calendar year before entry into Pre-K (submitted annually)
5. Exam within the calendar year before transferring into the district

The physical exam must be on the [State of Connecticut Health Assessment Record](#) for K-12 students or the [Early Childhood Assessment](#) for Pre-K Students/ELP (Early Learning Program) Students. *Please email (in PDF format) or mail the required forms to your [child's school nurse](#) before the start of the school year.*

Students who participate in DHS interscholastic athletics must submit a valid physical exam per [CIAC guidelines](#) when registering under FamilyID for participation in high school interscholastic athletics. For more information on health requirements for participating in DHS athletics please [click here](#).

Emergency Contact Information

The school nurse uses parent/guardian/emergency contact information collected in [ASPEN](#) to reach you in the event of a medical emergency. It is of **utmost importance** that the information provided is accurate and current. Parents/Guardians must complete the emergency information for each student electronically via the **ASPEN system upon enrollment, annually, and ongoing if contact/medical information changes**.

Medications

A written medication order from an authorized prescriber with a parent/guardian signature is required for school nurses, or in the absence of a nurse, other designated personnel to administer medication, including over-the-counter drugs. If a student is determined eligible for self-administration of medication, this must be reflected on the medication order. **Medications must be in the original, properly labeled container and dispensed by a physician/pharmacist.** Over-the-counter medications must be delivered in an unopened, properly labeled container. The medication form can be located [here](#). EACH SCHOOL WILL SHARE A MEDICATION DROP-OFF SCHEDULE BEFORE THE FIRST DAY OF SCHOOL

Forms

In an effort to be green and economical, we are asking parents to access forms needed for school on our website under the [Health Services "Forms" tab](#). If you are unable to print the documents, please contact the school nurse, and a copy of the form can be emailed or mailed to you.

Links to frequently used forms:

- [State of CT Health Assessment Record](#) – For physical exams for K-12th grade students
- [State of CT Early Childhood Assessment Record](#) –For physical exams for Pre-K (ELP) students
- [Medication Form](#) – Required for all prescription or over-the-counter medication that will be administered during school hours

For more information about health and safety in Darien Public Schools please go to the [Health Services](#) section of the Darien Public Schools website.