

Important Health Information for the Upcoming 2026-2027 School Year
*(School Nurses will be available beginning August 20nd, 2026 for the 2026-27 school year)**

Student Health Requirements

Physical exams with up-to-date state-mandated immunizations are required **before entry into:**

1. Pre-K (Early Learning Program): Exam within the calendar year (submitted annually)
2. Kindergarten: exam on or after August 26th, 2025
3. 7th Grade: exam on or after June 30th, 2025
4. 10th Grade: Exam on or after June 30th, 2025
5. Transferring into the District: Exam within the calendar year of transfer

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 examination in accordance with [CIAC guidelines](#) at the time of registration through FamilyID. For more information on the health requirements for participation in DHS interscholastic athletics, please [click here](#).

Emergency Contact Information

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

Medications

A written medication order from an authorized prescriber, along with a parent/guardian signature, is required for school nurses—or, in the absence of a nurse, other designated personnel—to administer any medication, including over-the-counter medications. If a student is deemed eligible for self-administration of medication, this must be clearly indicated on the medication order. **All prescription medications must be dispensed by a physician or pharmacist and provided in the original, properly labeled container.** 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

Access the forms required 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 medications 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.