



## Department of Nursing Services

March 9, 2026

Dear Families,

As the snow finally begins to melt and temperatures start to rise, we welcome the arrival of spring. The DPS Nursing Services Department would like to share a few seasonal health reminders to help keep our students safe, healthy, and ready to learn.

### Healthy Spring Habits

Spring is a great time to refocus on healthy habits. Please continue to encourage regular handwashing, ensure your child stays well hydrated (especially as outdoor activities increase), apply sunscreen during outdoor play and sports, check your child for ticks after spending time outdoors in wooded or grassy areas (see below), and help them to maintain consistent sleep routines to support learning and overall health.

### Spring Allergies

For many students, spring brings seasonal allergies. If your child experiences symptoms such as sneezing, itchy eyes, congestion, or coughing, consider consulting with your child's healthcare provider to discuss an appropriate treatment plan. Students with asthma may be particularly affected during this season, so it's important to review their asthma action plan and ensure any rescue medications are available at school. If your child requires medication during the school day, please contact the [nurse at your child's school](#) to ensure the proper authorization forms are completed, and medication is provided in accordance with school policy. [Click here to learn more.](#)

### Tick-Borne Illness Prevention

As the weather warms and students spend more time outdoors, it is important to be mindful of tick exposure. Ticks in our region can carry illnesses such as Lyme disease and other tick-borne infections. To help protect your child, use insect repellent in wooded or grassy areas, consider treating clothing and shoes with products containing permethrin, and have your child wear light-colored clothing and long sleeves or pants. Perform daily tick checks after outdoor activities. Showering soon after being outside may also help remove unattached ticks. If you find a tick attached, remove it promptly and contact your healthcare provider if symptoms such as rash, fever, fatigue, or joint pain develop. [Click here to learn more.](#)

### Required Health Assessments for the 2026–2027 School Year

Connecticut state law requires updated health assessments for students entering Kindergarten, 7th grade, and 10th grade. These physical exams must be completed and submitted [nurse at your child's school](#) before the start of the new school year. Submitting forms before the end of the 2025–2026 school year can help avoid delays during the summer months. **Health assessments must be from an exam conducted on or after August 26, 2025, for students entering Kindergarten, and on or after June 30, 2025, for students entering 7th and 10th grade.** If your child's annual exam typically takes place over the summer, we encourage you to schedule appointments now to avoid the late-summer rush. [Click here to learn more](#)



## Department of Nursing Services

### **Immunizations**

Please ensure your child's immunizations are up to date according to [Connecticut Public Health requirements for school enrollment](#). If your child receives any new immunizations, provide documentation to the school nurse at your child's school. Keeping immunizations current helps protect both your child and our entire school community. [Click here to learn more.](#)

### **Sports Participation Requirements**

Students who participate in DHS interscholastic athletics must submit a valid physical exam, per CIAC guidelines, when registering with FamilyID. If your child has a health concern that requires medication beyond the school day, such as asthma, severe allergies, or diabetes, please notify the [nurse at your child's school](#) so we can ensure everything is in place for a safe and successful athletic season. [Click here to learn more.](#)

For additional information and answers to many common questions, please visit the [Darien Public Schools Health Services](#) website. Wishing all of our students and families a healthy and enjoyable spring season.

Sincerely,

A handwritten signature in black ink that reads "Emily Merritt".

**Emily Merritt, MSN, RN, FNP, NCSN**

**Director of Nursing Services**

Telephone: (203)655.3981 x2304

Fax: 203.656.0768

Email: [emerritt@darienps.org](mailto:emerritt@darienps.org)