Welcome Incoming Kindergarteners!

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You may find the following information helpful as you prepare your child for kindergarten. Please review it carefully and feel free to reach out with any questions or concerns.

PHYSICAL EXAMS

All Kindergarten students are required to have a physical exam (health appraisal form) by a New York State licensed physician. This physical may be completed up to 12 months prior to the start of the school year. (**For example, for the 2025-2026 school year, a physical completed on or after September 2, 2024 is acceptable).**

If your child attends Pre-K at B-V, FW, or A Rising Star, you are not required to submit a new health exam. However, if your child does have another physical, please submit the new form to the health office.

It is recommended that students have medical examinations by their family's private physician whenever possible, as the family physician is most familiar with the health history of the student and best able to implement treatment when needed. If the examination form is not submitted to the school nurse, the school physician (Medical Director) is available to do a health appraisal.

The physical exam must include an assessment of Body Mass Index (BMI) and weight status (based on BMI-for-age percentile). This information is used to report data to the NYSDOH to assess childhood weight trends in New York State.

All health forms can be found on the Hendrick Hudson Website under Departments in Health Services.
https://www.henhudschools.org/departments/health-services

IMMUNIZATIONS

In order to attend school, New York State law requires that students must have a documented and **complete** immunization record from their doctor.

******* It is imperative that your child be fully immunized prior to starting Kindergarten. If your child is not up to date with their immunizations, they may not be permitted to start school until they have documentation of these immunizations. Please contact your school nurse with any questions. ********

In order to enter Kindergarten, your child needs a minimum of:

Immunization	Number of Doses
Polio	**4 doses** of polio vaccine (if the third dose is received at 4 years or older, only three doses are required)
Hepatitis B	**3 doses***
Diphtheria/Tetanus/Pertussis	**5 doses** required (if fourth dose is received at 4 years or older, only four doses are required)
Measles/Mumps/Rubella	**2 doses** of measles and mumps vaccine and one dose of rubella
Varicella (Chickenpox)	**2 doses**
Must be given at correct intervals based on age	

UPK and A Rising Star Pre-K Parents: Please be aware that your child may need additional immunizations to start Kindergarten. Contact Nurse Bruno, Nurse Cassidy-Cody, or your health care provider if you have any questions.

If your child has a physical or any additional immunizations completed over the summer, please submit the forms to the school by late August. You may also fax or scan and email them to the appropriate nurse's office based on the contact information above.

MEDICATIONS

According to New York State law, in order for the school nurse to administer prescription *or* over-the-counter medication to a child during school hours, the following steps must be completed:

1. **Written authorization from both the parent and the physician**. The forms are available in the nurse's office and on the school website under Health Services.
2. Medication in its **original container** with the pharmacy label attached. You can ask the pharmacy to make up a duplicate bottle so one can be kept at school and the other at home.
3. **An adult must bring the medication to school**. **Please do not give medication to your child to carry to school in their backpack.**

These rules apply to all medication given at school. This could include daily medication that will be taken all year long, as needed medications for allergies/asthma, medications for a specific period of time for a specific illness, and any over-the-counter medications. Over-the-counter medications include any medications that you do not need a doctor's prescription to purchase, including cough drops**.**

ATTENDANCE

Regular attendance is essential to ensure continuity of learning. When parents convey a positive attitude about going to school, children learn the importance of coming to school. This establishes good practice throughout your child's school life.

If your child will be absent or late, please call the school nurse at the office number above. School nurse contact information is also available on the district website. You may leave a message at any time. When leaving a message for your child's absence or lateness please be sure to give your child's name, grade, teacher, and **reason for the absence or lateness**. If we do not receive a call from you regarding your child's absence, we will attempt to reach you to make sure your child is safe.

Please do not send your child to school if they do not feel well or exhibit symptoms of an illness. Please contact the nurse if your child is ill, for instructions on when they will be able to return to school.

When deciding whether or not to send your child to school, the following guidelines may be helpful. Please keep your child home if:

- **A fever (100 degrees or higher) is present or has been in the past 24 hours.**
- **The child has a cold with a heavy nasal discharge and/or a persistent cough.**
- **The child has a sore throat.**
- **The child vomits before school.**
- **The child has an unidentified rash.**
- **The child is tired and generally not well.**

If you are unsure about whether or not you should send your child to school, please call the nurse's office and we can discuss this with you. If your child exhibits symptoms of illness during the school day, you will be contacted to make arrangements for your child to be picked up from school. Please make sure your contact information and emergency contact information is up to date.

FIRST AID

First aid is administered for injuries while a child is at school. If further medical attention is needed it is to be arranged by the parent.

The nurse will contact you in the event of any injuries your child should sustain – except for minor bumps/abrasions etc.

If your child is injured on school property and needs to be seen by a doctor, you must submit bills to your primary insurance carrier first. In the meantime, the nurse will complete an accident report and you will receive claim information from the school district's business office.

It is also very important to **keep the school up-to-date with any changes to your phone numbers and emergency contact phone numbers**. If your child is ill or injured, we will need to be able to reach you or an emergency contact asap. Depending on the severity of the injury the nurse may need to contact one of your emergency contacts if a parent is not available.

SCREENINGS

The 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 child is by performing health screenings as mandated by the State of New York.

During this school year, the following screenings will be required and completed at the elementary level and parents will be notified of any results that require further evaluation by a healthcare provider:

Vision: Distance and near vision acuity for all newly entering students and students in Pre-K or Kindergarten, Grades 1, 3, and 5. Color perception screening for all newly entering male students.

Hearing: Hearing screening for all newly entering students and students in Pre- K or Kindergarten, Grades 1, 3, and 5.

CLOTHING

Please dress your child appropriately for the weather – recess is outdoors, weather permitting. If the "real feel" temperature is 22 degrees F or higher and there is no precipitation, the children will go outside for recess.

While it is expected that children entering Kindergarten have good toileting and hand washing skills, bathroom accidents and spills occasionally do occur. The nurse's office does have a **limited** supply of extra clothing and we are discreet with the children if they do have an accident. If your child is more susceptible to wetting or soiling their clothing, please send in a change of clothing for their use only, which will be kept in a labeled bag in their classroom.

For physical education classes, students are expected to wear sneakers in the gym.