



School Nurse

Smyrna High School

Dear Parents/Guardians,

On behalf of the nursing team at Smyrna High School, welcome to the 2026–2027 school year! We are excited to partner with you to support the health, safety, and academic success of your student. Please know that student health and safety remain our highest priority.

As your school nurses, we would like to share some important health information and reminders as we prepare for the start of the school year.

Immunizations

Vaccinations are one of the most effective ways to protect students from serious communicable diseases. We encourage families to review their student's immunization records and ensure all required vaccines are up to date prior to the first day of school.

Families who have a religious exemption to immunizations should be aware that, in accordance with Delaware Regulation 804, Section 7.1.3, religious exemptions must be renewed annually. A notarized Religious Exemption Affidavit or updated immunization record must be submitted to the school prior to the start of the school year on September 8, 2026.

Ninth Grade Health Requirements

Delaware law requires all students entering 9th grade to have a current health examination on file. The examination must have been completed within two years prior to entry into 9th grade. Documentation should be submitted within 30 days of the start of school.

In addition, students entering 9th grade must provide proof of:

- One dose of Tdap (Tetanus, Diphtheria, Pertussis booster)
- One dose of Meningococcal Vaccine (MenACWY)

Students who do not meet Delaware immunization requirements may be subject to exclusion from school in accordance with state regulations.

Medications at School

State Board of Education regulations require written authorization for medications administered during the school day. Only a licensed school nurse may administer medication at school.

Prescription medications must be provided in the original pharmacy-labeled container and accompanied by written parent authorization. Controlled medications must be delivered

directly to the school nurse by a parent/guardian or other responsible adult and counted upon receipt.

The Health Office is available to assess and care for students who become ill or injured during the school day. Under Delaware Department of Education standing orders, school nurses may administer certain over-the-counter (OTC) medications for occasional symptoms such as headache, minor aches, or upset stomach when clinically appropriate.

OTC medications provided through standing orders are intended for infrequent, short-term use and are not intended to manage ongoing or recurring health concerns. Students who experience frequent headaches, stomachaches, pain, dizziness, or other recurring symptoms should be evaluated by their healthcare provider to determine the underlying cause and appropriate treatment plan.

Students requiring medication on a routine basis during the school day should work with their healthcare provider and school nurse to establish an appropriate medication plan prior to the start of school.

Students with Chronic Health Conditions

If your student has asthma, diabetes, seizures, severe allergies, or another significant medical condition, please contact the school nurse before the start of the school year. This will help ensure that required medical documentation, medications, emergency action plans, and accommodations are in place to support your student's safety at school.

Emergency Contact Information

Delaware Emergency Treatment Cards will be distributed at the beginning of the school year. Please complete and return this form as soon as possible, but no later than September 30, 2026.

Accurate emergency contact information is essential so that parents/guardians can be reached promptly in the event of illness, injury, or emergency. If your contact information changes during the school year, please notify the school immediately.

Parents/guardians are responsible for ensuring that current emergency contacts are available and able to pick up their student when dismissal due to illness or injury is necessary.

Transportation arrangements should be in place so that students can be picked up within 60 minutes when the nurse determines that dismissal is required.

Health Screenings

During the fall, school nurses will conduct required 9th-grade screenings for scoliosis and 10th grade screenings for vision and hearing.

Student Illness and Early Dismissal

Students who become ill during the school day should report to the Health Office for assessment by the school nurse before dismissal arrangements are made.

Students should not contact parents/guardians by cell phone, text message, email, or other means to request dismissal due to illness. The school nurse will contact parents/guardians when dismissal is medically indicated. Students who leave school without following proper procedures may be subject to attendance consequences in accordance with school policy.

Wellness Center Services

Students who need a physical examination, immunizations, or certain healthcare services may be eligible to receive care through our on-site Wellness Center. Please contact the school nurse for additional information regarding available services and eligibility requirements.

We feel privileged to be part of the Smyrna High School community and look forward to working with you throughout the 2026–2027 school year. If you have any questions or concerns, please do not hesitate to contact the Health Office at (302) 653-3137.

Respectfully,

Denise Zavitsky, MSN, RN, NCSN

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