

Sports Physicals

- Expire after 1 calendar year.
- See nurse or coach for forms, or print from nurse webpage @ andoverregional.org
- Once completed, return to the nurse.
- School MD will review and sign each physical as appropriate.
- Nurse will inform coaches of students who are cleared to play.
- If changing sports & physical is older than 90 days, see the nurse for a Health History Update Questionnaire.

News Alert..... FALL SPORTS

Please submit your completed sports physicals or Updated Questionnaire for Field Hockey & Soccer to the nurse by 9/8/22

<http://www.state.nj.us/education/students/safety/health/records/athleticphysicalsform.pdf>



Epi-Pens & Anaphylaxis



- Anaphylaxis is a life-threatening allergic reaction.
 - Common allergies: soy, nuts, milk, shellfish, latex & bees
 - Severity of symptoms can change quickly.
 - Symptoms: Itchy, swollen lips/mouth, coughing, wheezing, and tightening/closing of the throat.
 - Only trained delegates can administer Epinephrine in school.
 - LPS delegates will be trained by the nurse.
 - Return MD orders to the nurse if your child requires an Epi-Pen.
 - If you suspect your child has an allergy, contact your child's doctor.
- Paperwork available @ nurse's office, & andoverregional.org*



Looking forward to another great year at Long Pond School!

Attendance!



Please notify the school if your child will be absent or tardy.
Best ways to notify...

- Realtime
- Phone call/voicemail to Nurse or Main Office
- Email Nurse or Main Office

Asthma



- If your child requires asthma medicine, it is important for them to have the medication in school.
 - If your child received an asthma treatment plan (ATP), please return to the nurse ASAP.
 - ATP's can be picked up from the nurse office, & andoverregional.org
 - **Students cannot drop off medications to the nurse, only the parent or guardian can do so.**
- Paperwork available @ nurse's office, & andoverregional.org*

Concussion



- Causes: sports, car/bike accidents, falls, fights.
- Direct hit causes brain to shake violently in the skull.
- S/S: headache, confusion, sensitive to light/noise, blurred vision, memory loss, behavioral changes, ringing in ears.
- Wear seatbelt while driving, wear helmet/protective gear w/bikes/sports.
- Seek medical treatment, follow doctor orders for a safe recovery.

Nurse's Webpage

Visit the address below to find the nurse's web-page with various forms and information on several topics.

<https://www.andoverregional.org/Page/171>