

## *Notes from the Nurse*

*Happy summer from the Health Office at Central Middle School!*

I hope you are all enjoying your time off and staying healthy. I am offering a few reminders for the upcoming school year to both new and returning families.

To all of the new sixth graders, welcome and I look forward to meeting you in the fall. If you have any medical conditions that I should be aware of please stop by my office and introduce yourself so that I can accommodate your medical needs if necessary. Something new for all of you is the requirement that all middle school students who plan on participating in any middle school sport, an updated physical must be on file in my office before any participation is allowed. The physical must be done within the past year. Forms that allow for participation must also be signed by a parent/guardian and these forms are always available in my office or with the coach who is in charge of the sport being offered.

To the grade seven students, parents, and guardians, Massachusetts state law requires that all students entering grade seven have an updated physical on file and that they are up to date with Tetanus shot which is available with their health care provider. Many of you will have received a letter stating what it is that your child is missing from their health record. This information must be in school before the first day of school in September. If your child is found to be non-compliant with this law they may be excluded from school.

As always if your child requires the use of any medication during the school day the appropriate paper work must be on file in the health office before any medication can be given. Students are not allowed to carry any medication with them with the exception of inhalers and /or epi-pens. If your child has a life-threatening allergy please stop by the office so we can discuss the best way to accommodate your child.

I look forward to seeing you in September and welcome you to my office or to call with any questions or concerns that you may have. My office number is 617-984-8914.

Enjoy the rest of your summer!!!