

FRELINGHUYSEN MIDDLE SCHOOL

HEALTH OFFICE POLICIES

The following is an overview of some of the policies of the middle school health office:

ATTENDANCE: Please call Mrs. Carla Walker at 973-292-2200 ext. 8066 when your child is absent or tardy. You should also contact her when you have to take your child out of school early, such as for a doctor's appointment.

MEDICATION: As always, in order for us to administer ANY medication (including over the counter medication such as Advil) you must provide the office with a PHYSICIAN'S ORDER and the district's medication administration form directly from our website, www.frelinghuysenmiddleschool.org, under the section titled "Nurses".

Students who require inhalers are allowed to carry them on their person here at Frelinghuysen. An MD order is still required.

SPORTS FORMS: In order to participate in intramural sports, four different forms must be submitted to the health office. Once these forms are received and reviewed by the FMS Nurse/School MD, the student is given a "blue card", which indicates that he/she is medically cleared to participate.

- Physical Assessment and Health History

Please note that these forms are MANDATED BY THE STATE OF NEW JERSEY. They can be accessed from our website. **Part A** is to be completed by the parent/guardian, **Part B** is the physician's form.

Physical exams are considered up to date for one calendar year.

Part A must be completed by the parent and reviewed by the physician the first time an exam is submitted during school year. Thereafter an MD signature is not required, but the form must be again completed and signed by the parent/guardian if the student is going out for another sport during that year.

Please be advised that, due to the volume of forms we receive, we are unable to contact your MD if something is incomplete on **Part B, (For example, if the doctor did not include the vision screening section), you will be notified what is required and it is the PARENT/GUARDIAN'S responsibility to obtain the information and re-submit it to our office.

- Green and Yellow Cards

Students must also submit a "green" and "yellow" card to participate in sports. As of this time the cards can not be accessed via the website and must be picked up at the school. The yellow card is an emergency card for the coach and the green card is about the code of conduct. Both sides must be completed and signed by the parent and student.

Immunizations: As you are most certainly aware, the State of NJ requires all students to receive the Menactra (bacterial meningitis) and Tdap (tetanus, diphtheria and acellular pertussis booster) once they reach the age of 11 years. If your child will turn eleven during this school year, please provide documentation from the doctor/clinic that these vaccines were administered. **If this documentation is not submitted, your child will be exempted from school until it is obtained.**

We hope your transition to middle school goes smoothly. Please feel free to contact us with any questions you may have.

Mary Beth Supple, Rn BSN CSN 973-292-2200 ext. 8067

Melissa Dodge RN BSN CSN 973-292-2200 ext. 8052

Health Office Fax 973-267-0817