

## RSU No.5 Durham-Freeport-Pownal FHS - HEALTH OFFICE REMINDERS

I have outlined the Health Requirements for Freeport High School students and the forms necessary to provide the best health services to your children. PLEASE plan time this summer to complete this paperwork to facilitate a smooth transition in the fall. Forms should be returned to the FHS main office before summer preseason practice or the first day of school.

### ❖ 9<sup>th</sup> GRADE & TRANSFER STUDENTS HAVE 3 REQUIRED HEALTH FORMS:

1. A copy of the current IMMUNIZATION RECORD from the Physician.
2. The STUDENT HEALTH HISTORY (blue form) completed by parent.
3. The STUDENT PHYSICAL EXAM (white form) signed by the Physician.

NOTE: the *Athletic Physician Form* does not replace this required form; but this Student Physical Exam Form does provide the 'Physician Signature' required for *Athletes*.

[Both forms are included in the spring Guidance Packet & sent home with 8<sup>th</sup>Gr. Report Cards]

### ❖ 10<sup>th</sup>-12<sup>th</sup> GRADE STUDENTS HAVE 1 REQUIRED HEALTH FORM every year:

The STUDENT HEALTH HISTORY (blue form) to be completed by parents yearly

[This form is sent home in the summer mailing]

### ❖ IF YOUR CHILD HAS AN EMERGENCY MEDICAL CONDITION:

1. Medical conditions such as *Asthma, Diabetes, Seizures, etc.* or *Allergy to Food/Stings*, require a school health ACTION PLAN signed by the Physician.
2. Please speak with your Health Care Provider to obtain an updated Plan.
3. Discuss with the physician if your child has the 'knowledge and skill' to self administer their own emergency medication; then check off the 'self-carry' box on the PLAN if your child will be carrying his/her own Epi-Pen, Benadryl, or Inhaler.
4. Health ACTION PLANS need to be updated each school year.
5. These forms are not mailed, but are available at the school office or website.

### ❖ IF YOUR CHILD REQUIRES MEDICATION AT SCHOOL:

1. Medications should be given at home when possible. If your child needs medication at school, complete the MEDICATION REQUEST / PERMISSION FORM [available in the school office or website] and bring the medication to school in the original Rx - prescription container (this will serve as the medical providers signature).
2. For Over-the-Counter (OTC) medicines, our policy states that we must also have a physician's signature if your child's condition requires OTC medication at school. These medications also need to come to school in original containers along with the MEDICATION REQUEST / PERMISSION FORM signed by parent and physician.
3. All medication must be picked up by at the end of school year or it will be discarded.

### ❖ IF YOUR CHILD HAS AN EXEMPTION FOR REQUIRED IMMUNIZATIONS:

Maine Law requires that parents complete an EXEMPTION FORM each year if their child has not received the minimum doses of vaccines required for school entry.

I appreciate your cooperation to keep students safe, healthy, and ready to learn.

Please contact me with any questions through phone messages or email over the summer.

Brenda M. White RN, BSN, MS, Freeport High School Nurse

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**ALL STUDENT HEALTH FORMS & HEALTH PLANS ARE AVAILABLE IN THE MAIN OFFICE & ON THE FHS WEBSITE IN THE HEALTH / SCHOOL NURSE SECTION**