

Saratoga Central Catholic School

**Request for Mandated Health Appraisal and Vaccinations 2025-2026**

Dear Parent(s) or Guardian(s):

NYS law requires that each child in a school district have a **health examination** before entering school for the first time, and again in grades 1, 3, 5, 7, 9, 11. **Students wishing to play interscholastic sports or requesting work permits must have an annual health exam.**

Your own health care provider is always the best choice for these exams. We encourage you to call early as it may take weeks to schedule exams during the busy summer and fall months.

A blank NYS physical exam form is located on the school website. You or your provider may return the completed form to the school health office. The school fax # is 518-587-0678.

If you have any questions or concerns, please contact the school nurse.

**IN ADDITION**

**NYS Public Health Law Requirement, Section 2164**

**Students entering Grade 6-** 1 dose of **Tdap vaccine** (11 years or older)

**Students entering Grade 7-** 1 dose **Meningococcal conjugate vaccine** (Menactra, Menveo or MenQuadfi)

**Students entering Grade 12-** 2 doses of the **Meningococcal conjugate** (Menactra, Menveo or MenQuadfi) or if the first dose was given at age 16 or older, the second dose is not required.

Thank you,

Denise Kowalski, RN  
SCC School Nurse  
dkowalski@saratogacatholic.org