

Health Office (518) 587-7070 ext. 210

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Emergency Contact/Information Form – This form is sent home in late August/early September. Parents are required to provide this information in case of injury or illness. It is important to inform the school in writing of any changes during the year.

Health Concerns – Please inform the nurse/school of any contagious diseases, changes in health status or unusual health concerns that your child may have. With this information we are better able to meet the health and safety needs of your child.

Medication Guidelines – Students are not allowed to carry prescription or over-the-counter medications (including cold medications, tylenol, motrin, etc.) while in school without a physician's order and parental consent. In the event a student should need medication during the school day, please follow these NYS guidelines:

1. A written order from your child's physician stating the name of the medication, dosage, frequency and time of administration.
2. A written statement from the parent/guardian requesting administration of the medication in school.
3. Delivery of the medication to the health office by a parent/guardian in a properly labeled/pharmacy container.
4. Emergency medications such as epipens and inhalers can be carried by those students who are determined to be self directed/independent with written orders from the student's medical provider.

Physical Exam Requirement- All students new to the school and those in grades 7, 9 and 11 are required to have a physical exam signed by a primary care provider on file in the health office. A physical exam performed within the 12 months prior to the start of the school year is acceptable.

School Health Screenings – Schools in NYS are required to provide the following health screenings:

- Vision screening for all newly enrolled students and all students in grades 7 and 11.
- Hearing screening for all newly enrolled students and all students in grades 7 and 11.
- Scoliosis screening for girls in grade 7 and boys in grade 9.

Sports Forms (on school website) – In order for any student to **begin practice** in an interscholastic sport, they must have a **current physical exam** (done within the last 12 months from the start of the sport season) and a **NYSED interval health history form* on file** in the health office. The interval health history form, which is filled out by a parent, is a requirement for every sport season and is used to validate the current physical. (Additional information may be requested such as illness/injury clearance).

* Health history form is not needed if PE was done less than 30 days from start of season.