

Dear Parent or Guardian:

The Cherry Hill Middle School Nurses would like to welcome families of both new and returning students to middle school and take this opportunity to review important information for the 2023-2024 school year. The following is an overview of school health services and policies for middle school. The nurses' websites provide the most up to date information along with forms that you may need for your child. **The nurses' websites can be accessed through your school's home page under "quicklinks."**

Immunizations The state of New Jersey has mandated that all children born after January 1, 1997 and enrolled in Grade six, will be required to receive a booster dose of the diphtheria, tetanus and pertussis vaccine (Tdap) as well as one dose of meningococcal vaccine. Documentation that your child received the required sixth grade immunizations must be turned into the school nurse no later than **Monday, August 14, 2023**. **Students entering 6th grade with birthdays on or after August 14, 2023 must provide written confirmation from your child's health care provided of the vaccination appointment.** This appointment should be within two weeks of your child turning 11 years of age. The immunization record must be submitted immediately following the appointment. The Cherry Hill School District is compelled by law to ensure that all students receive their required immunizations. **Children who do not meet immunization requirements or do not have documentation of a scheduled appointment within two weeks of turning 11 years of age will be excluded from school beginning the first school day.**

Medications that need to be given during the school day **must** be administered by the nurse. State law dictates that **all medications (including over-the-counter remedies such as cough syrup, eye drops and ointments, etc.) have a prescription** from a physician along with a completed parental permission form **before** the medication can be administered at school.

- Ibuprofen and Acetaminophen may be given with written parental permission via the Genesis parent portal.
- **Medication orders must be obtained each school year.**
- All medications should be brought to the nurse's office by a **parent or trusted adult**, in the original container(s). Medications **cannot** be accepted if they are not in the original prescription or manufacturer's labeled bottle. **Please do not send medications to school with your child.** Please check the expiration date of the medication before bringing the medication to school.
- An **Asthma Action Plan** is required for students who have asthma and will be using an inhaler or nebulizer at school. Students at the middle school level are permitted to self-carry asthma inhalers if the Asthma Action Plan states that the student is capable of self-administration.
- An **Allergy and Anaphylaxis Plan** is required for students who have a life-threatening allergy. In addition, it is recommended that students self-carry and learn to self-administer epinephrine as they begin to prepare for high school.
- A **Diabetic Medical Management Plan** is required for students who have a diagnosis of diabetes. It is recommended that students learn to self manage their diabetes as they begin to prepare for high school.
- A **Seizure Action Plan** is required for students who have a seizure diagnosis. This plan provides instructions for seizure management in the event of a seizure in school.

Sports Physicals: In accordance with New Jersey State Law, students planning to participate in any sport at the middle school level including intramurals are required to have an up-to-date physical exam. You will need to adhere to the following requirements listed below. **Please note that fall sports forms are due Monday, August 14, 2023. Forms turned in after that date are not guaranteed to be cleared in time for tryouts.** ONLINE REGISTRATION for sports takes place EACH SEASON and can be found in the FORMS SECTION of the Genesis parent portal.

- A **Sports Physical** must be conducted and recorded by your healthcare provider on the New Jersey Department of Education Pre-Participation Physical Exam form and a **HARD COPY submitted to the school nurse**. This form is valid for **365 days and must be valid on the sport's first day of practice.**
- Complete the online ***Health History Update Questionnaire*** located in the parent forms section of the Genesis

Parent Portal each season.

- Review the ***Opioid Use/Misuse Fact Sheet and video*** with your student athlete and **electronically sign** the acknowledgement form in the Genesis Parent Portal each season.
- Review the ***Sudden Cardiac Death in Young Athletes Pamphlet*** with your student athlete and **electronically sign** the acknowledgement form in the Genesis Parent Portal each season.
- Review the ***Sports-Related Concussion and Head Injury Fact Sheet*** with your student athlete and **electronically sign** the acknowledgement form in the Genesis Parent Portal each season.
- Complete the ***Athletic Participation and Release Form***, **select the sport for that season and electronically sign** the acknowledgement form in the Genesis Parent Portal each season.

Physical Education Excuses will be issued for up to three PE classes after the nurse receives a note from the parent for injuries or illnesses. **Exclusions longer than three PE classes require a written note from the healthcare provider.** The note should include: diagnosis and length of time to be excused or necessary modifications. School will require a physician/healthcare provider update note every 30 days unless otherwise stated by the student’s healthcare provider. The parent/guardian must provide a note of medical clearance signed by the physician/ healthcare provider prior to return to Physical Education/Athletics. Students will not be permitted to return to play until this note is reviewed and approved by the school nurse.

Emergency Contact Information/Health Record Update Forms: The School Nurse Health Record Update form can be found on the Genesis parent portal beginning in August for the upcoming school year. If your child has received a new medical diagnosis such as asthma or develops a new food allergy, include this information in the update and contact the school nurse directly. Be sure to update all emergency contact information in Genesis with your school’s main office. This information is critical to have on file in the event that your child is injured or gets ill at school.

Health Screenings will be done throughout the year. The screenings may include height, weight, vision, hearing, blood pressure, and scoliosis (a simple exam of the back). If you would like your child to be exempt from any of these screenings, please notify the nurse’s office with a written request at the beginning of the year.

School Absences: If your child is going to be absent from school, please notify the school attendance desk. Please note that students must be fever free (<100 degrees F) for 24 hours without the use of fever reducing medications before returning to school. In addition, students should be free from other symptoms of illness including vomiting and diarrhea.

If you have any special concerns, questions, or information to share about your child, please contact the middle school nurse.

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