

Dear Parent of Incoming Freshman,

May 2022

On behalf of the Health Office here at Notre Dame, I would like to extend a warm welcome to the incoming Freshman Class! The Health Office is staffed **daily** from **7:30-2:30**

Ct State Law requires the following items be submitted and reviewed in the health office **prior to your child's first day** of school at Notre Dame:

1. **Health Physical Form: (YELLOW FORM) dated August 15, 2021 or later.**

**\*Both the parental page and physical must be completed and submitted.**

**Please note:** Ct law mandates that any student without a compliant Physical and Immunization Record on file in the Health Office **MUST BE SENT HOME on the first day of school.**

**\*\*Please make your MD appointment upon receipt of this letter if your child needs a new physical**

(must be dated **8/15/21** or later). It is very difficult, **if not impossible** to obtain an appointment in September and we don't want your child to miss out on those first important days in their new school.

2. **Immunization Record:** a complete immunization record for your child.

3. **Emergency Card:** to be mailed separately during the summer. Vital information should your child become ill or injured and parental contact is necessary. Please remember to update throughout the year as necessary.

**Medication:** The Health Office does **NOT** have a supply of stock medication. If your child requires to carry medication for self- administration or have medication dispensed by the nurse during the school day, a medication order form needs to be completed by an MD and parental authorization needs to be given. All forms are available in the Health Office or on the Notre Dame website. Click on "Parents", the 6<sup>th</sup> tab, and then "Health Services" to find necessary form(s). If your child has **SEVERE ALLERGIES** requiring an Epi Pen, you may print out a Severe Allergy Medication Order Form from the Notre Dame website. Click "Parents", the 6<sup>th</sup> tab, and then "Health Services". Scroll down to click on form.

**Sport Physicals:** forms are also available on the website. If participating in athletics, your child's physical is good for 15 months from the date of the exam on file and then a new exam/parental questionnaire must be submitted.

Thank you for helping us make your child's transition to Notre Dame a smooth one!

I hope you and your family have a wonderful summer and look forward to meeting your child in August!

Best regards,

Jennifer Pida RN, School Nurse

