

Dear Parent of Incoming Freshmen:

May 2023

On behalf of the Health Office, I would like to welcome the incoming Freshman class! The Health Office is staffed daily from 7:30-2:30.

CT State Law requires the following items to be submitted to the Health Office prior to your child's first day at Notre Dame:

- 1.) **(Blue health form) Health Physical** form dated August 15, 2022 or later- 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.
- 2.) **Immunization record:** a complete immunization record for your child
- 3.) **Emergency form:** to be emailed separately during the summer. Contains vital information should your child become ill or injured and parental contact is necessary.

Medication: The Health Office does not stock medication, so if your child is in need of carrying medication for self-administration or to have the nurse dispense medication during the school day, a medication form needs to be completed by a doctor and parental authorization needs to be given.

(All forms can be found on the Notre Dame web site under: Parent and Health Services.)

If your child has severe allergies and requires Benadryl or Epi-pen, please find the "allergy form" and have that filled out by the doctor and yourself and indicate if the medication will be self-administered by your child or if the medication will be brought to the Health Office.

Sports physicals: This form is also available on the web site. If participating in sports, your child's physical is good for 15 months from the date of the exam and then a new exam must be submitted.

Best regards,
Jennifer Pida, RN
School Nurse
203-372-6521 or nurse@notredame.org