



The Arrow Academy Health Office

90 Whippany Rd, Whippany, NJ 07981

Phone: 973-888-2083

Susan Peluso RN

School Nurse

susan@thearrowacademy.org



Good afternoon,

Summer is just about here! We had such an amazing school year and although summer is almost here, the Health Office is preparing for the start of the new school year.

It is now time to update all student health forms. I have attached all necessary forms for grades 5th-8th that are needed by the start of school. Please read through the attachments and complete and return all forms that apply to your child's health. All students will need a completed and updated Physical Health Form (Preparticipation Physical Exam Form).

Only students with asthma, diabetes, allergies causing anaphylactic reactions, &/or students needing medications that are necessary to be given during school hours will need to complete the additional forms. Please also notify the Health Office of any non anaphylactic allergies.

All completed forms may be emailed to me at susan@thearrowacademy.org or dropped off at the main office (call for summer office hours) prior to the start of school.

If your child is in need of medication during school hours please read the Medication Protocol and bring your child's medication to the Health Office on the first day of school. Do Not send any medication in your child's backpack.

You will find 7 separate attachments to this email. Please read through them carefully and complete those that are essential to your child's health.

Attachments:

1. Physical Health forms for Gr 5 - 8:

- All students will need to have an updated Physical Health Form completed and signed by your child's physician.
- If your child is planning on playing a sport, the completed Physical Health Form is required prior to the first practice of the season.
- If any vaccinations have been given, please send in an updated immunization record.
- All incoming 6th grade students are required by NJ State Law to receive the Tdap & Meningitis vaccine at 11 years old.
- If your child is not due for a physical at this time, please email the health office to make sure we have a current Physical Health Form on file.

2. 6th grade Vaccines

- As per NJAC 8:57-4 Immunizations of Pupils in Schools, every child entering 6th grade must have the Tdap and Meningococcal Vaccine prior to the start of school
- Please send in an updated immunization record or have your child's physician complete and sign the attached form.

3. Sports Forms

- Please complete and return all forms.
- All signed forms and completed Preparticipation Physical Evaluation Form (PPE form) will be required prior to the start of a sport for a student to be able to participate
- Sports will begin the first week of school and will require a completed PPE Form by the start of school

4. Medications

- Please complete and return all forms with the labeled medications on the first day of school
- ***DO NOT*** send medication in with your child or in the backpack.
- NO medication can be given without a written doctor's orders.

5. Allergy Forms

- Please complete and return all forms
- Please sign & complete ***both sides*** of the F.A.R.E form
- Please fully complete and return Allergy History Form
- Please sign and return the "Permission to Share" form to allow the Health Office to share necessary information with the appropriate staff members. This would consist of only that information deemed necessary to protect the well-being of your child.

6. Asthma Forms

- Please complete and return all forms
- Please complete and return Asthma History Form
- Please sign and return the "Permission to Share" form to allow the Health Office to share necessary information with the appropriate staff members. This would consist of only that information deemed necessary to protect the well-being of your child.

7. Diabetes Forms

- Please complete and return all forms
- Please complete the Diabetes Health Care Plan and return along with the physician's orders for diabetes management in school provided by your child's healthcare provider
- Please sign and return the "Permission to Share" form to allow the Health Office to share necessary information with the appropriate staff members. This would consist of only that information deemed necessary to protect the well-being of your child

Please feel free to contact me with any questions or concerns.

Thank you and have a wonderful summer!

Sincerely,

Susan Peluso RN

The Arrow Academy Health Office

susan@thearrowacademy.org