



May 19, 2023

Hello everyone,

As we look to the summer we wanted to remind returning families to attend to some important health tasks over the summer.

- If it's time for your student's **annual physical**, please go ahead and get an **NGFS Medication Administration Authorization form** signed by your provider while you are there. Plan ahead and include any daily medication your child may need while at school or when on a school overnight trip to prevent last minute visits to the doctor's office. Remember that our Med form has two sides and includes authorization for any over the counter medication your student may need during the school year. The form must be signed by the student's health care provider as well as you, the parent or guardian. The form should be up to date by the start of the 23-24 school year if any medication has changed. The form is good for one year, and if completed over the summer, will cover the entire school year, as long as there are no changes during the school year.
- If your student had **medication** at school this year, please come by the office to **pick it up and take it home** for the summer. We will not send medication home in your student's bookbag. If not picked up by July 1, we will properly dispose of any left over medication. Please remember that when medication comes and goes, it must be counted and documented. This ensures a monitored and safe chain of possession, for everyone's safety.
- For students participating in Middle Division (grades 5-8) sports or JV/Varsity (grades 7-12) sports, an **annual Sports Physical** is required. Please take this Preparticipation Physical Evaluation [form](#) to your health care provider.
- Is your student up to date on recommended **vaccinations**? 7th grade and 12th grade students may be due for HPV, Tdap, or MCV4 (for meningitis). Covid boosters may also be due. COVID vaccination is the best defense against serious illness with COVID-19. Kindergarten students may be due for their first school physical and screening. Please check with your provider so your student is ready to go at the start of the year.
- **Action plans** for conditions including asthma, allergies, seizures, and diabetes should be updated every year. The school nurse will reach out if these plans are out of date.

These forms and more are located on the [NGFS health page](#) of our website- look for it in its new location under the *School Life* menu. Is your student's Epipen or inhaler about to expire? See your provider to make sure you are starting the school year with all emergency medications in place.

Forms and updated records should be sent to health@ngfs.org.

We hope everyone has a safe, healthy, and fun summer. We encourage you to **stock up on home Covid tests**. Many free testing programs expire on July 31st. The Concentric Labs' free testing program that we originally shared about in this email unexpectedly ended early on May 19. Alternatively, you can order free tests here: <https://www.accesscovidtests.org/>, no passcode is needed.

While COVID cases are still of great concern, we do not plan to maintain the COVID "dashboard" next year. Let's hope we don't need to, but if cases rise, we will communicate with families about how our community is doing.

As always, please send any health questions to the Health team at health@ngfs.org. Kathryn Gale, our school nurse, is available for a week after the last day of school and will be back the week before the first day of school in August. Other health team members will monitor this email over the summer.

Thank you and take care,

Kathryn and the health team