



May 31, 2024

Hello parents and guardians,

As we look to the summer we wanted to remind 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. 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 24-25 school year.
- 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. This form should be returned to our Athletic Director, Dwon Clifton, dclifton@ngfs.org.
- 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. A list of required immunizations can be found [here](#).
- **Action plans** for conditions including asthma, allergies, seizures, and diabetes should on file for the school year. These forms and more are located on the [NGFS health page](#) of our website- look for it 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. All Middle and Upper school students will be expected to carry their emergency medications as well as provide a backup for the school to keep.

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

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