

**Union Township Middle School Health Office
165 Perryville Rd. Hampton, NJ 08827
(908) 735-8514**

**Spring 2018 Letter to Parents- Health Policies, Sports Participation Procedures
and Forms**

Spring 2018

Dear Parent/Guardian;

In planning ahead for next year, I would like to call to your attention several important health office/sports participation matters that may require your attention over the summer.

****Please note there are several mandates that require parents be informed of and sign off on documents regarding specific risks that are present in student sports participation. All parent/guardians of prospective athletes must read and sign off on information sheets discussing Sudden Cardiac Death in the Young Athlete, Concussion in Student Athletes, and Opioid Use and Misuse. The info sheets and signature page are located on the Middle School Health Office website, along with the physical forms. All students with sports physicals more than 90 days old must also have a parent/guardian complete and submit the Health History Update, also found on the website. Lastly, a specific Physician/ Physician's Assistant/ Advanced Practiced Nurse/ Nurse Practitioner/ training module on Student-Athlete Cardiac Assessment must be completed by your health care provider that enables them to complete the sports physical forms. That certification must be signed by your health care provider, so please be sure they are in compliance with this requirement.***

Students in grades 6-8 **ONLY** are eligible for all inter-scholastic sports. In accordance with N.J.A.C. 6A: 16-2.2, all athletes need to present a current physical exam to the school health office in order to participate. To be current, the physical must have been completed at the student's medical home (private physician) within 365 days of the first day of the sport. The physical must then be reviewed and approved by the school medical inspector before participation can begin. One physical obtained over the summer will cover all sports for the rest of the school year. For physicals that expire during the school year, the due dates for each sport season are as follows:

Fall season physicals are due to the health office on August 23, 2018.

Soccer, Volleyball and Cross-Country are expected to begin on or after August 27, 2018.

Winter season physicals are due to the health office on November 14, 2018.

Basketball is expected to begin on or after Nov. 19, 2018.

Spring season physicals are due to the health office on March 15, 2019.

Softball and Baseball are expected to begin on or after Mar. 18, 2019.

Sports physical exams that are submitted after the due date will result in missed practices and tryouts. All physicals must be reviewed by the school physician therefore last-minute physicals will not be approved in time for tryouts. Students without appropriate documentation of physical exam will not be permitted to participate, ***only fully completed physical forms will comply with state requirements, accompanied by the completed parent health history questionnaire/and or update.*** Notes from physicians will not be accepted. If you are experiencing a hardship, please call the Health Office for assistance.

The school form is the only form that may be submitted and approved for sports participation. Any physicals presented on non-standard forms will be returned. Blank physical forms are available on the www.uniontwpschool.org website (From the home page, go to the "Student Services" link, then Health office link, then the Middle School link and scroll down to the physical forms.) The school nurses would appreciate copies of any physical exams that your

child receives, (even if they do not participate in sports), to assist with keeping health records up to date and complying with the state recommendation for physical examinations at intervals (entering school, elementary age and middle school).

Asthmatic or Epi-pen carrying athletes: If your student has a history of asthma and/or anaphylaxis, as referenced on their medical form, they must supply a completed, updated **“Individual Asthma Treatment Plan”** along with their physical, in order to be approved for sports. All students who plan to carry their own rescue inhalers or Epi-pens for sports need to have a plan on file in order to be approved to carry their own medication. **“Individual Asthma Treatment Plans”** and **“Self-Administration of Epi-pen and Inhalers”** forms are available on the website.

Updated vaccine requirements

Please check with your child’s health care provider to ensure that your child is up to date on all vaccines. For the 2018-19 school year there are requirements for all students entering the sixth grade born on or after Jan 1, 1997 to receive a **Tdap** (Adacel, Boostrix) immunization, as well as the **Meningococcal** vaccine (Menactra or Menveo for ages 11 and up). The **Hepatitis B** series continues to be required of all students in grades K-12. The **Varicella** (chickenpox) vaccine continues to be required for all children in preschool through first grade, born on or after Jan 1, 1998. A written statement documenting chicken pox disease, (from parent or physician), or serologic proof of immunity (titer) will also fulfill this requirement. Please forward copies of all immunizations, as well as physicals, to the Health Office as soon as possible.

Please remember that students are not permitted to carry any medications with them to school. The only exceptions to this policy are lifesaving medications; specifically, Epi-pens (auto-injectors for severe anaphylaxis) and rescue inhalers (asthma). A student may carry these medications, provided appropriate documentation is on file in the Health Office (**“Self-administration of Epi-pen or Inhaler”**). If your child is currently taking these or any other types of prescription medication and you wish to have the school nurse administer a dose during school hours, please obtain and submit the **“Physician Order to Dispense Medication in School”** form. This form is available on the school website as well and must be signed by parent/guardian and private physician and returned to the Health Office. Any other medications that students might require during the school day can be supplied by the parent to the school nurse, in the original labeled container, accompanied by the **“Physician Order to Dispense Medication in School”**.

A statute relating to **Concussion in Student Athletes** is currently in place. All students will be receiving a refresher training on concussion at the start of the school year, and parents will be required to sign off on concussion information prior to sports participation. In addition, a formal procedure for return to play following concussion has been initiated. All concussed athletes must have a “return to play” plan put in place for them by their physician, approved by the school physician.

A registered nurse is available to administer required medications as needed. In order to have your child receive a medication in school, the medication must be supplied in the original container, labeled with the student’s name, and accompanied by both a parent note and a physician’s order. It is important that parents (not students) bring the medication to school in the original container, which is appropriately labeled by the pharmacy. This policy can be found in the Parent Handbook, which you are encouraged to read over.

Thank you for your help in updating your child’s immunizations and submitting sports physicals by the posted deadlines. We look forward to working with you to provide a safe and healthy school experience for your child.

Sincerely,

Susan Mason RN
Certified School Nurse Grades 5-8