

Delran Middle School

Health Office

Health Requirements for Rising 6th Graders

Immunizations

The state of New Jersey mandates certain immunizations for all students in public schools, as detailed in N.J.A.C. 8:57-4 *Immunization of Pupils in School*. All students advancing to 6th grade are required to have the following immunizations:

- Meningococcal
- Tdap (Tetanus/ Diphtheria/ Pertussis Booster shot).

Ask your child's healthcare provider for proof of immunization and supply a copy to the school. **The school must have a copy of these immunizations before the start of the school year, or within 2 weeks of your child turning 11 years of age.**

Although not required by the state of New Jersey, the CDC recommends Human Papillomavirus (HPV) immunization beginning at age 11 or 12. HPV is known to cause certain cancers that may affect your child, and their future family, years or even decades from now. **HPV immunization is most effective in preventing these cancers when given early in adolescence.** Consider speaking with your child's healthcare provider about HPV immunization.

Physicals

The state of New Jersey mandates that parents be notified of the importance of having a thorough medical examination at least once during each developmental stage of childhood. Physicals were required before kindergarten; a new physical is requested before 6th grade. **Please supply a Sports Physical (preferred) or a copy of a doctor's Physical Examination to the school.**

Starting in Middle School, Sports Physicals are required for any student interested in playing after-school sports. Your child's doctor will use the Physical Examination information from your child's last well visit to complete a Sports Physical. It is highly recommended that you take a blank copy of the Sports Physical with you to your child's annual well visit and turn in the completed form as soon as it is available. **Summer is an ideal time to have your child's Sports Physical completed and dropped off at the school, along with the required updated immunization record.** The Sports Physical is good for 365 days from the Physical Examination, so if completed in the summer, your child will have sports eligibility throughout the entire school year with no other required doctor visits.

Medications

Any medication that needs to be administered during school hours needs a new Medication Authorization form filled out before the start of EACH new school year. Please bring the completed Medication Authorization form, signed by the health care provider and parent,

along with the medication, in the original pharmacy labeled container, to the school before the school year begins.

Any child that requires emergency Asthma inhalers or Epinephrine auto-injectors for severe allergies may be allowed to carry and administer their own emergency medication ONLY if the doctor and parent BOTH sign off that the student is trained and able to carry and administer their own emergency medication independently. In this case, the student must bring the orders and medication in the original pharmacy labeled box to the Health Office on the first day of school. The orders and medication will be reviewed with the student and then the student will be allowed to keep and carry their medication in their book bag. If the student is NOT given permission to carry and give their own medication, then a parent must bring the medication and completed orders to the school. In this case, the medication must remain in the Health Office for the remainder of the school year. As they grow and become more independent during middle school years, it is highly recommended that children with asthma or life threatening allergies be educated and given the knowledge to manage and take medication as needed for their potential health emergencies. *Note, to play after school sports, a student requiring inhalers or with EpiPen orders MUST have permission to carry their own emergency medication independently.*

To participate in any after school sport, including cheer, intramural sports (such as dodgeball, soccer, volleyball, tennis, and track), and competitive interscholastic sports, a student MUST have an approved Sports Physical, proof of ALL required immunizations, and orders for any potentially required emergency medications. Any orders for asthma inhalers or emergency allergy EpiPens, MUST include permission for the student to carry and give their own emergency medication if needed. All school staff are trained in asthma and inhaler basics and in anaphylaxis recognition. All sports teams require that a coach is trained as an EpiPen Delegate to give EpiPens if needed. However, coaches are not allowed to carry these medications, so students MUST have permission to carry their own.

Feel free to contact me with any questions or concerns. And have a wonderful summer!

Respectfully,

Linda Collazo, RN, CSN
Delran Middle School Nurse
lcollazo@delranschools.org
Phone # 856-461-8822, ext. 4006
Fax # 856-461-0311