

**MARLBORO MIDDLE SCHOOL**  
**HEALTH OFFICE**  
**Phone 732 972 2100 X6718, X6719**  
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Dear Parents and Guardians,

As the 2014-2015 school year draws to a close, the Health Office is preparing for the upcoming 2015-2016 school year.

**Medication Pick Up** Parents may pick up student medications June 15-19. The only medications students may take home are inhalers and epipens. We cannot store medications over the summer and will dispose of all unclaimed medications.

**All health and sports physical forms are available online on the Marlboro Middle School website under “Health and Sports Physical Exam Forms.”** All forms must be dated on or after July 1, 2015, to be valid for the 2015-2016 school year, EXCEPT the Sports Physical form, which must be valid within 365 days of the start of the athletic season. Please note, NJ State law has changed and requires that the health care provider doing the exam be certified in the State’s cardiac training module. Please make sure your provider is certified when making an appointment. Sports Physicals are due **September 9, 2015**, the second day of school.

<http://www.marlboro.k12.nj.us/MarlboroMiddle.cfm?subpage=40435>

**Sports Physicals** Sports Physicals are valid for one year from the exam date. There are no exceptions. You may submit Sports Physicals to the Middle School office over the summer. Incomplete forms will be returned and may jeopardize participation in sports. As the nurses are not available over the summer, current students should check the status of their Sports Physical with the nurses prior to the end of school.

Approval for participation in sports may require further medical clearance as determined by a medical review of your child's documentation.

**\*\*\*The NJ Scholastic Student-Athlete Act** has made several changes to the Sports Physical requirements. Please carefully read about these changes on the Marlboro Middle School website under the "*Health & Sports Physical Exam Forms*" link. Scroll to the bottom of the page and click on the link "*Sports Physical Exam Form*" for more information and to download the forms.

**Incoming Sixth Graders** Incoming 6<sup>th</sup> graders who are 11 years old must provide medical documentation that they have received the Tdap and Meningococcal vaccines. This is a State of New Jersey mandate. Students who are 11 and not in compliance face exclusion from school.

**Asthma, Allergies, Medication and Nut-Free Table Forms for the 2015-2016 School Year** Forms for medication administration at school, the Allergy Action Plan, the Asthma Treatment Plan, and the Release from the Nut-Free Lunch Table forms must be renewed every September. They **MUST** be dated after July 1, 2015. Students are not permitted to carry and self administer medication except for epipens and inhalers, proper documentation required. All medication, including over the counter medication, requires a doctor's order.

**Nut-Free Table** In September, **all** students with nut allergies are placed at a designated "nut-free" table in the cafeteria. Students must provide a doctor's order stating the child "**can sit anywhere in the cafeteria,**" **AND** a signed and witnessed parent waiver in order to leave the nut-free table. The doctor should avoid the words "may" or "please allow." This order must be renewed every school year and is subject to district approval before the student is waived. Original, not faxed or copied, documents are required. Students with allergies must submit an Allergy Action Plan each school year and provide the medicine as ordered by the health care provider.

**All medical documentation must be signed by a medical doctor (MD) or nurse practitioner (APN) AND have the office stamp.**

*Thank you. We wish you a happy healthy summer.*