



GARDEN CITY HIGH SCHOOL HEALTH OFFICE MEMO

*Any student who needs to take **prescription or over the counter medication** at school must submit a completed “Authorization for the Administration of Medication” form. Students who need to carry their medication with them should also submit the “Self-Medication Release Form” in addition to the above. Only certain medications such as Tylenol or an Inhaler can be carried. These forms must be completed by both a parent and a licensed healthcare provider and will be kept on file in the Health Office. Medications to be administered by the nurse must be delivered to the Health Office by an adult in the container dispensed by the pharmacy or if nonprescription, in the original container.

*New York State Education Law requires **new entrants and all students entering 9th and 11th grade** to have a physical exam by a licensed healthcare provider no more than 12 months prior to school entrance. The physical exam should be presented to the nurse at the opening of school in September.

*Any student who **sustains an injury** or has a medical illness preventing or limiting their participation in Physical Education/Sports must submit a **healthcare provider** note to the nurse stating the diagnosis and the student’s restrictions from participation. A follow up note is required when the student can return to full participation. **All healthcare provider notes** should be brought to the school nurse.

*A student who has sustained an injury requiring the use of **crutches/cane/scooter or wheelchair** in school **MUST** present a medical note from a New York State licensed healthcare provider stating the diagnosis and the need for the use of crutches/wheelchair at school. Students are not permitted in school with crutches/cane or wheelchair without this note.

*All students in 11th grade will receive **vision and hearing screenings** if they have not submitted results of one performed by their private healthcare providers. **Scoliosis screenings** take place in January for male students in 9th grade who have not submitted results of this screening performed by their private healthcare providers. Only if a student **fails** any of these screenings, will the parent or guardian be notified of the results in writing.

*A **Sport Physical Exam is required one time** each school year for a student to play a sport. This examination should be recorded on the “**New York State Health Exam**” form and can be completed by your private healthcare provider. The Physical exams completed within 12 months **prior to the sport** will be accepted. Please keep in mind that the Physical Exam may not carry your child through the entire school year unless performed during the months of April through August by your private healthcare provider or if your child has completed a sport physical conducted by the school physician in June. Additionally, **the student must be registered in Family ID and the sports physical must be uploaded to Family ID for each and every sport a student plays.** Please be aware these are New York State Guidelines. The sports physical must be uploaded in Family ID **AND** the NYS Health Exam form must be completed or else the student **will not be allowed** to try out and/or participate. For winter and spring sports, the student must be registered in Family ID with an uploaded physical no more than 30 days and no less than one week **BEFORE** the sport season begins!! **DO NOT** let your child wait until the last minute to submit his/her Medical Evaluation form and register/upload the physical in Family ID or he/she risks not being cleared in time to try out!!

* Please feel free to contact Jean Cortese, RN or Kristen Reilly, RN, School Nurses @ Garden City High School with any questions or concerns. We can be reached during school hours at 516 478-2030 throughout the school year. Forms and information can also be found at the GCHS website- Our School-**Health Office – District -Wide Health Forms.** It is important for us to work together to attain the common goal of protecting our children and promoting wellness within our schools.