

## Welcome Back SBCA Families

 Nurse's Office: 617-268-2326

Nurse@sbcatholicacademy.org

## Important Health Information Before School Starts

1. Physical Exams & Health Forms
  - A physical exam and immunizations is required for all students entering Toddler–K0 and new/transfer students in K1 and above.
  - Must be dated within the last 12 months and include proof of immunizations.
  - Toddler–K2 must submit updated forms yearly.
  - Forms must be submitted before the first day of school or students may be excluded.
2. Medication Drop-Off
  - **All medications (epipens, inhalers, insulin, seizure meds, etc.) must be dropped off on the first day**, in original packaging with pharmacy labels and current doctor's orders.
  - **Forms**; I will need an up to date doctor's order/action plan for this school year 2025-2026, not last school year. I will also need a parental consent form signed ( medical consent forms attached )
  - Medications cannot be sent in backpacks. Please bring them directly to me at Door #2 on O St. (or to the teacher/director Kara Murphy for Toddler–K0).
  - Expired or opened medications will not be accepted.
3. Medication Policy
  - All medications, including over-the-counter, require a physician's order.
  - Short-term prescriptions (10 days or less) may use the pharmacy label as the order.
  - Ask your pharmacist to split prescriptions if doses are needed at both home and school.
4. Medical Updates
  - Notify the nurse and your child's teacher of any health changes.
  - Toddler–K0 families may also contact Kara Murphy ([k.murphy@sbcatholicacademy.org](mailto:k.murphy@sbcatholicacademy.org)).
5. Emergency Contacts
  - Ensure all contact information is current in RenWeb.
  - Have a back-up plan for pick-up if your child becomes ill (ideally within 30 minutes).
6. Casts/Crutches/Splints
  - A doctor's note **MUST** be provided for school clearance and with instructions for the child's restrictions for activity for our files to return to school

- At the main campus we do not have elevators, so your child would need to be cleared for safety on the stairs prior to reentry
  - Students cannot participate in gym or recess until cleared.
7. Reporting Illness
- If your child is sick, please keep them home.
  - Call the nurse office or main office to report absences.
  - Notify us if your child has a contagious illness for classroom monitoring purposes.
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Thank you for reviewing this information carefully. If your child has any medical condition (allergies, asthma, seizures, etc.), please notify me before the first day so we can review their care plan and prepare the appropriate supports.

-SBCA Nurses