



Robert M. Grable Jr.
Mount Sinai High School
School Health Department

110 North Country Road
Mount Sinai, New York, 11766
(631) 870-2800 • Fax (631) 928-3668



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Dear Parents / Guardians:

In order to help you understand the nature and function of the school health services, please give the following your careful attention:

1. To prevent the spread of communicable diseases, make certain that your child has no symptoms of illness before sending him/her to school.
2. Complete the blue *Emergency Contact Card* to facilitate the services of the School Health Department. Please list only phone numbers of people who would be available in your absence. Notify the school nurse of any changes of home, work or emergency phone numbers during the school year. Please note your child will only be released to those you designate as emergency contacts; relatives (including siblings) must be listed on the card.
3. By law, schools may only administer first aid to students in the event of an accident. Injuries that occur as a result of non-school related activities will not be treated by the nurse.
4. Internal medication may not be administered unless a written request is obtained from a physician and the parent, as well as, written directions regarding frequency and dosage under the physician's signature. If medication is to be given in school, an adult must deliver it to the nurse. These rules pertain to aspirin and Tylenol as well.
5. Temporary exclusion from physical education classes will be approved only upon receipt of a written request from the family physician stating the diagnosis of the condition and the duration of the exclusion. If a student has been excused from gym for five (5) or more consecutive days, a doctor's note is necessary to permit a return to physical education classes.
6. Should an accident occur or an injury be sustained, it should be reported immediately to the person supervising the activity and an accident report completed and submitted to the nurse's office.
7. New York State Education Law requires that all students entering school and in Grades K ,1 ,3 ,5 ,7 ,9 and 11 have a physical examination, including a calculated BMI, dated after June 1, 2023. The school physician will screen all students not examined by their private physician. A sports physical for ninth and eleventh grade is acceptable to satisfy this requirement.
8. Students should not use a cellphone to self-report an illness or injury to their parents. It is important that the nurse and/or school officials be aware if they are unwell and need to leave school. Therefore, students feeling ill should report to the nurse's office for evaluation.
9. All students entering Grades 7 - 12 who wish to participate in a sport need a sports physical dated after June 1, 2023.

The above said, you are encouraged to continue yearly physical examinations of your child. Upon doing so, have your physician complete the appropriate form to be submitted to the nurse's office. If you wish to obtain a physician for your family, you may call the Suffolk County Medical Society at 851-1400.

Please feel free to call with any questions or concerns. I can be reached at 631- 870-2820.

Sincerely,

Wendy Kollmer, R.N.