

Hello everyone. As we are clearing the hurdles of Covid-19 we have to start looking ahead to a new beginning. With the implementation of the Covid vaccine we are confident we are moving closer to a state of normalcy. It is still important you remain vigilant with the recommendations of the **Centers for Disease Control**.

Here are a few helpful reminders for the 2021-2022 school year. Please have your health care provider complete any forms that pertain to your child. All medical forms will be on the District Health Website under health forms.

1. **All incoming 7th graders per Glen Ridge school policy are required to have a physical.** The [Universal Child Health Record](#) must be completed and signed by the doctor.
2. The **Sports Physical Form** is different and is located on the Athletic Website. This is a state mandate for any 9-12th graders playing a GRHS sport. [Preparticipation Physical Form](#)
3. If your child has allergies that require an epi-pen please have their doctor fill out the [Allergy Action Plan and the medication authorization form](#). The epi-pen, Benadryl and completed paperwork can be dropped off at the school in a ziplock bag labelled with your child's name and grade.. **This can be brought into the school over the summer, prior to the first day of school.**
4. If your child has Asthma, please have their doctor fill out the [Asthma Action Plan](#). I can keep their inhaler in my office. If they are able to self carry make sure to fill the bottom portion of the action plans so they can self carry.
5. It is a state requirement that all medication orders must be renewed annually. Please notify me if your child takes any daily medications or has any medical issues even if only at home. This will help me have a better understanding of your child's medical history. All medications to be dispensed during school hours even PRN medication such as Advil must have a [Medication Form](#) completed by your doctor. Medication must be in the original container from the pharmacy with the child's name and instructions on the label.
6. School policies regarding medication administration can be found on the Glen Ridge School Web page under: Public policies
7. Any injuries requiring crutches, brace, or Physical Education exemption needs a note from a Doctor the form is on district health website [Return to School/Physical Education Form](#) or child's doctor may supply his or her own.

Have a great summer and please feel free to call or email me at any time with any questions or new developments on your child's health.

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