



# VERONA HIGH SCHOOL

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Principal

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Dear Parent or Guardian:

As the new school year approaches, please be aware of the following:

- 1) **Physical Examinations:** **All** incoming freshman and students new to the school district are required to submit the results of a recent physical exam from their physician. If a student is participating in sports or marching band, the NJ state forms must be used. Athletic physicals are good for 365 days. If a physical has not expired as of the first day of practice, it is good for that entire season. All clearance physical forms need to be completed by the physician performing the exam. For subsequent seasons, a Health History Update Questionnaire must be completed within 90 days of the start of that season. **All forms and directions are available on the [website](#).**

**Please go to the Genesis Parent Portal Athletics tab to see the last date of your student's most recently submitted physical.**

- 2) **School screenings:** Vision, hearing and scoliosis screenings are performed on all ninth and eleventh-grade students. Heights, weights and blood pressures are done every year on every student. These exams are required under New Jersey statutes. You may request that your son/daughter not be tested by submitting a letter requesting that the exams not be done and a copy of the results from your physician.
- 3) **Medications:** If a student requires medication during the school day (including **all** over the counter medications), a written doctor's order with a parent consent signature **must** be submitted. **All** medications must be supplied to the nurse and administered by the nurse. Only EpiPens and inhalers for asthma may be carried by the student; so long as the proper forms have been submitted and filed with the school nurse. Please call the nurse if your son/daughter requires **any** medication. **All forms are available on the [website](#).**

***If your son/daughter is taking medication that may have adverse reactions, especially under certain conditions, please call Mrs. Francis to discuss this with her.***

- 4) **Physical Education Excused Absences:** Students are granted 1 Physical Education excused absence from the nurse each marking period when requested. Any absence from Physical Education class that will last for greater than 1 day requires a note from a doctor ordering the student to not participate in physical activity. Students will be given assignments by their P/E teacher to complete during the time he or she is not participating in Physical Education.
- 5) If a student will be on crutches or with cast/sling, either a doctor's order or a note from the parent is required.
- 6) **Leaving school during the school day due to illness:** Students who are feeling ill during school hours should report to the nurse. Permission to leave school is obtained from the parent and the nurse signs the student out through the attendance office. For safety reasons, parents must pick up their child when leaving school early due to illness. Cell phone usage will be restricted in the Nurse's office. Students who leave early from school from the nurse will need a doctor's note for the absence to be considered excused.

Thank you,  
Dina Rizzuto-Francis, RN, BSN, CSN  
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