

VERONA HIGH SCHOOL

151 FAIRVIEW AVENUE
VERONA, NEW JERSEY 07044
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Fall 2018

Joshua Cogdill
Principal

Robert Merkler
Director of Athletics

Tom Lancaster
Assistant 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 district are asked 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 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](#).**
- 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 orders 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, as long as the proper forms are on file with the nurse. Please call the nurse if your son/daughter requires 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) **Gym excuses:** Students are granted 1 gym excuses from the nurse each marking period if they request them. Any absence from gym that will last more than 1 day requires a note from the doctor ordering the time away from physical activity. Students will be given assignments by their PE teacher to complete during the time they are not participating in gym.
- 5) If a student will be in school 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 parent and the nurse signs the student out through the attendance office. Cell phone usage will be very limited within the Nurse's office.

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