

## HEALTH REQUIREMENTS

Dear Parent(s)/Guardian,

Welcome to Hampton Academy! I look forward to assisting your child with his/her health needs. There are a few important matters I would like to review with you while you and your child are transitioning to middle school.

**Immunizations** The following information addresses additional vaccination requirements as required by the State of NH.

### **Tdap** (Tetanus, diphtheria, acellular pertussis)

- If your child has already turned 11 years old and it has been greater than 5 years since the last dose of a tetanus toxoid containing vaccine, he/she is required to have received a booster dose before the start of the new school year.
- If your child turns 11 years of age on or after the first day of school, he/she is required to have a Tdap vaccine prior to the first day of the next school year.

Documentation of your child having received the above vaccines must be provided to school. Otherwise, your child will not be lawfully permitted to attend Hampton Academy. If your child sees a practitioner in Massachusetts or Maine, please make sure the practitioner administers and documents the above immunizations to your child.

### **Physicals Environmental Camp**

Per NH Code of Administrative Rules (Env-Wq 907.09), documentation of a physical examination provided by your child's physician must be on file at school before your child is permitted to attend environmental camp. The date of the physical exam must be within two years prior to camp entrance.

### **Physicals After School Sports**

Students who play sports must have a physical on file with the health office prior to try-outs. No student will be permitted to try out without one. Student physicals are in effect for three years from the date of the physical and must remain current throughout the season. Otherwise, your child will not be allowed to participate in that sport. It is in your child's best interest to request a completed physical form from the doctor at the time of your child's appointment.

### **Medication**

All medication must be delivered to school by a parent or guardian. If your child requires over the counter medication during the school day other than tablet form of Tylenol or Ibuprofen, a signed *Administering Medications to Students* form must be signed by the parent. The Department of Education mandates that a doctor must complete this authorization sheet for any prescription medications. **Students who self carry inhalers**

**or EpiPens must have this paperwork signed.** This authorization form is available at both schools and on the Hampton Academy web site.

If you have any questions or concerns please contact me at 603-926-2000 x 114.

Sincerely,

Karen Brand, RN  
School Nurse  
Hampton Academy