Aldridge Families,

If you haven't already, please log in to your Skyward account today to select either **"opt in"** or **"opt out"** for school-based physical and mental health services. Without this consent form completed, Plano ISD nurses, counselors, and staff cannot provide these services as of yesterday, September 1, 2025. This includes routine visits with Nurse Amber or check-ins with our school counselor, Ms. Hardy. More information from Plano ISD is included below.

LOGIN to SKYWARD: https://portal.pisd.edu/idp/AuthnEngine#/authn

We appreciate your help in updating your form with your preferences. Thank you!

Consent for Physical & Mental School Health Services (Informational)

Starting September 1, 2025, and in compliance with Senate Bill 12, in order for a student to receive campus-based physical and mental health-related services, parents must complete a Consent for Physical and Mental School Health Related Services for each child. Texas public school districts are now required to seek consent from parents prior to providing any routine physical or mental health services to students. The law becomes effective September 1, 2025.

Examples of physical health services provided on campus may include, but are not limited to:

- Injury evaluation and first aid care
- State-mandated health screenings (vision, hearing, spinal, acanthosis)
- Lice screening
- Assessment and care for illness or physical symptoms while at school
- Coordination of health services
- Heat illness prevention and injury support for student athletes
- Hygiene support

Examples of mental health services provided on campus may include, but are not limited to:

- Short-term individual counseling or check-ins
- Comprehensive student success needs assessment (academic related behavior needs like study skills and school involvement, not for mental health diagnostic purposes)

- Group counseling
- Support during emotional distress or crisis, including assessment following a reported concern of student self-harm or harm to others
- Behavioral observations and problem solving
- Referral to external providers, if needed (with additional consent)

The consent does not include administration of prescription or over-the-counter medication, ongoing treatment for chronic physical or mental health conditions, or formal medical or psychological diagnosis. These services require separate written consent and parental involvement, unless in an emergency. Response and intervention in cases of life-threatening emergency will be provided, and the parent will be contacted immediately.

This consent form will be available to parents through Skyward Family Access. Once the form is submitted, there will be a field available to view a student's consent status.

If a parent opts out of their child receiving these services at school or does not submit the form at all, the parent will be responsible for providing any and all physical and mental health care to their child in a timely manner. Plano ISD nurses, counselors, and staff would not be able to provide physical or mental health services to a student.

Please contact Staci Antelo or Laura Zimmer with any questions.