



Wachusett Regional School District

Holden, Paxton, Princeton, Rutland, Sterling

FROM THE HEALTH OFFICE AT WRHS

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The Health Office staff works to maintain the health and well being of the students of Wachusett Regional High School. The Health Office staff works closely with the students when they visit for health-related issues including wellness, illness and injury. To better serve the students at the high school, we ask that parents and guardians become familiar with the requirements and policies that the Health Office must comply with regarding your student. Parents with health related questions should feel free to contact the Health Office during school hours. The Health Office is open on school days from 7:30 a.m. to 2:30 p.m.

Emergency Cards

Students will be issued a blank emergency card at the beginning of each school year. The completed card should be returned to the Health Office. Standard medication orders are on the back of the emergency card and will be administered to the student if checked off by the parent/guardian.

Every student attending Wachusett Regional High School is required to have a completed, up to date emergency card on file in the Health Office. This card contains vital information regarding your child's health and a way for us to contact the parent/guardian or designated alternate in an emergency. Please include emergency contact names and phone numbers in the event we cannot reach you. If any of this vital information changes during the school year, please inform the health office staff. If there is an emergency situation and there is not a responsible adult willing or able to pick up an injured or severely sick child, an ambulance will be called to transport the child to a hospital.

Administering Medication to Students

All medication orders must be renewed by your student's physician at the start of **each school year**. Please see the [Medication forms](#). (Link) for current forms.

- Medications should be given at home whenever possible.
- Students are **not permitted to transport medications**, either prescription or over-the-counter, to or from school. A parent/guardian or responsible adult shall deliver all medications to the high school. If there is an issue following this requirement, please contact the school nurse.
- Medications must be presented to the school nurse in the original pharmacy or manufacturer-labeled container. Please ask the pharmacist to provide you with an extra medication bottle for school.
- There must be a [Medication Order Form/Parent Consent Form](#) (Link) before the school nurse can administer medication. This includes over the counter and prescription medications.
- [Self Administration Medication Policy](#) & [Self Administration Medication Authorization Form](#) (Link) If your child needs to self administer a medication while in school, please contact the school nurse for the policy and procedure for self administration. Medications that can be carried and self administered by the student are EpiPens for allergic reactions and Inhalers for an Asthma related illness.

Asthma, Allergies and Health Concerns

It is extremely important for the parent or guardian to notify the school nurse each year of any medical/health conditions such as allergies, asthma or other health issues. Please contact the school nurse to discuss your child's medical condition and management during the school day. If your child requires medication, such as the use of an inhaler or an EpiPen for these conditions, paperwork must be completed. **Link:** [Medication Policy](#)

Mandated Immunization for High School Attendance

All incoming freshmen (9th grade) and returning students are required by law to have the following immunizations and a written record of the immunizations from the physician:

Link: [Massachusetts School Immunization Requirements 2023-2024](#)

If any or all of these immunizations are missing, your student may be excluded from school until they receive the vaccinations, provide proof of exemption or proof of a scheduled appointment for the vaccine.

Exemptions from Immunizations

Per state regulations and district policy, students must be up to date on all immunizations in order to attend school. **Students who are NOT in compliance may be excluded from school.** All religious and medical exemptions must be updated yearly.

Parent/Guardian may provide your own exemption letter or use this exemption form:

Link: [Religious/Medical Exemption Letter](#)

Physical Exams

A current physical should be on file in the Health Office. If your student has transferred from another school, please provide the Health Office with a copy of his/her most recent physical exam and immunization record. It is also recommended that each student have an updated physical examination on file every three or four years.

All students participating in school sports are required to have a physical examination prior to participating in sports each year and be up to date on all immunizations. Physicals for sports are **good for 13 months** from the date of the physical. Any student with an expired physical will not be allowed to participate in sports.

Please inform the Health Office of any changes in your student's health condition or medication schedule. All medical notes can be **faxed, scanned or emailed** to the Health Office staff.

Please feel free to call the health office if you have any questions or concerns.

Health Office: 508-829-6771 ext: 1331

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Thank you for your support