

Sidney Central School District, Jr.–Sr. High School
95 West Main Street, Sidney, New York 13838

To: The Parent/Guardians of our 7th – 12th Grade students

Date: June 2023

From: Ruth Boyce, Sidney HS Nurse

Re: Health Requirements for September 2023

Below is a list of required health items that your child will need depending on what grade they are entering in September. They should have physicals and vaccines completed by the first day of school. Please send in all necessary documentation to the high school as soon as possible via: fax, email-scan, mail-in or hand delivered.

Grade Level	Requirements
7th	• Vaccine: Meningococcal – 1st dose • Physical Exam no older than Sep. 7, 2022 • Hearing Screening: performed at school if not documented on their physical exam • Vision Screening: performed at school if not documented on their physical exam • Scoliosis Screening: Girls only, performed at school (exposing their upper body only, while wearing a bra/bikini top only) if not documented on their physical exam.
8th	No requirements but an annual physical exam is recommended. If participating in sports, having a physical within one year of the start of the sports season is required.
9th	• Physical Exam no older than Sep. 7, 2022 • Scoliosis Screening: Boys only, performed at school (exposing their upper body only) if not documented on their physical exam.
10th	No requirements but an annual physical exam is recommended. If participating in sports, having a physical within one year of the start of the sports season is required.
11th	• Physical Exam no older than Sep. 7, 2022 • Hearing Screening: performed at school if not documented on their physical exam • Vision Screening: performed at school if not documented on their physical exam
12th	• Vaccine: Meningococcal – 2nd dose
New or Returning Transfer Students	Immunization Record, Birth Certificate, Health History form, physical exam (from a New York state medical provider no older than Sep. 7, 2022)

Item	Other Requirements
Medication	For any daily or as needed medications, students must have: • Medical Provider order, including designation if they are independent • Consent in writing from parent/guardian: allowing nursing staff to give medicine, allow other staff to assist or that your child is independent to carry and administer their own medicine. • Medication: in the original, labeled container
Emergency Medications	Such as: inhalers, Epinephrine auto-injectors, Glucagon injections and Anti-seizure medication. • If your child has a life-threatening condition please make sure we have the above medication requirements so we can assist your child in case of an emergency. • Emergency medications, in general, are the only medications that a student should be given authorization to carry with them during the school day because delay of administration can put them at further risk for danger.
Sports	In order to participate in interscholastic sports students must have on file: • Physical Exam: within one year of the start of that sport season. It must specifically state that they are cleared to participate fully in activities. • Pre-Season Health Update: It can only be completed within 30 days of the start of each applicable season your child will be participating in. (Fall / Winter / Spring)

RB 6/9/23

Ruth Boyce, RN
Sidney HS Nurse
Email: rboyce@sidneycsd.org
Office number: 607-561-7707
Fax: 607-563-7037