



Dear BHS Parents and Guardians,

Welcome to the 2025-2026 school year! I hope you are soaking up these last few weeks of summer :) My name is Taryn Brassard and I am excited to introduce myself as the new school nurse at Bow High School. My family and I live in Dunbarton and I am thankful to be a part of this community.

As many of you are familiar with, BHS uses an electronic medical record called [SNAP](#), which allows me to document your student's visits to the nurse and keep record of important health information. It also allows YOU to give BHS permission to treat and transport your child in the event of an emergency, provide consent for over-the-counter (OTC) medications, and upload physical and immunization records.

Please take a moment to review and complete the following ***prior to the start of the school year:***



Updated Health Records:

***For incoming freshman and new students:**

According to Bow School District Policy, **all freshman and new students at BHS are required to have a physical for the 2025/2026 school year.** This will be the only physical required for the duration of high school given there are no medical updates.

For incoming freshmen participating in sports, the sports physical exam *must* be completed after February 1st, 2025 and uploaded via [Final Forms](#).

If your child's primary care provider is not able to provide this exam, several facilities including Convenient MD, provide this service. *Please let the school nurse know if you are unable to obtain a physical due to financial difficulty and a voucher can be provided.*



Once completed, please upload a copy of your child's up to date immunizations and current physical exam via [SNAP](#).

*Failure to comply may result in exclusion from school.

Refer to the [SNAP Tip Sheet](#) for questions regarding how to upload physicals and approve medications in SNAP.

Medications at School:

***Students are not permitted to possess any medications while at school or school-sponsored activities.**

*Should your child visit the nurse and need over-the-counter (OTC) medication such as Tylenol, Ibuprofen, cough drops, etc, approval ***must*** be given via the electronic health portal, [SNAP](#). You can easily do this by logging into [SNAP](#) and selecting which medications you would like to approve.

**Please remember to do so BEFORE the school year starts to ensure we have your most up to date health care preferences.



If your child needs to take *scheduled*** medication during the school day, a [Medication Permission Form](#) signed by ***both you and your healthcare provider is required***. The medication must be brought in by an adult in the original pharmacy-labeled container. Please remember no more than one month's supply of medication can be stored at the school.



Chronic Health Conditions:

*If your child has a chronic condition such as [asthma](#), [diabetes](#), [seizure](#), or [allergies](#), please ensure an up to date health care plan from your physician for the 2025-2026 school year is present in the health office.

Illness Policy:

*To help prevent the spread of illness, please remember to keep your child home if they are experiencing symptoms such as a fever (100.4°F or higher), vomiting, diarrhea, or any contagious illness. They may return to school once symptom-free for 24 hours without medication.

Contact Information:

* Don't forget to update your emergency contact information on file, again via [SNAP](#) :)

I am looking forward to this new role at BHS! If you have any questions or concerns, please do not hesitate to contact me. I am best able to help your child succeed with your collaboration and involvement :) Have a great rest of the summer!

Thank you,

Taryn Brassard, RN, BSN

Bow High School

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