

## Reminders from the Health Office

### 1. Grade 6 Parents

#### Physicals

Grade 6 students need to submit a physical completed between February 1, 2018 and January 31, 2019 by **February 1, 2019**.

#### Immunizations

Looking ahead, your child's immunizations will need to be updated before the start of 7th grade.

Required immunizations will be due next summer by **August 15, 2019**. These are required for entry to grade 7.

- Two (2) doses of MMR (measles, mumps and rubella).
- Three (3) doses of hepatitis B, the 2-dose adolescent schedule option or serological proof of immunity.
- Two (2) doses of Varicella vaccine, or a physician-certified reliable history of chickenpox. This consists of: (a) physician interpretation of parent/guardian description of chickenpox; (b) physician diagnosis of chickenpox; (c) or serological proof of immunity.
- One booster of Tdap (required if it has been 5 or more years since the last dose of DTaP, DTP, or DT)

### 2. Grade 6, 7, and 8 Fall Sports Physicals

Students participating in sports must submit a physical exam that is less than **13 months old** in order to participate. Physical exams must be renewed at time of expiration in order to complete the athletic season. The best way to submit physicals during the summer is email.

### 3. Grade 6, 7, and 8 Individualized Health Plans, medication forms and medication

Please bring in to Thurston the first day of school.

## School Year Health Room Screenings

#### Grade 7

- Height, weight and postural screening generally done in gym classes during the first 2 weeks of September. Students who have a documented height, weight and postural screening done on their current physical exam (done after 10/1/17) do not need to be screened.
- Vision and hearing- September through November

#### Grades 6 and 8

- Postural screening, generally done in gym classes during September. Students who have a documented postural screening done on their current physical exam (done after 10/1/17) do not need to be screened.

Any parent may exempt their child from screenings by emailing Mrs. Sweeney, [tsweeney@westwood.k12.ma.us](mailto:tsweeney@westwood.k12.ma.us). Please indicate from which screenings you are exempting your child. It is best to try and do this before school starts since screenings take place early in the school year.

## Questions?

Contact Mrs. Sweeney, Thurston Middle School Nurse

781-326-7500, x 2334

[tsweeney@westwood.k12.ma.us](mailto:tsweeney@westwood.k12.ma.us)