



## DARIEN HIGH SCHOOL HOME OF THE BLUE WAVE

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Ellen Ryan, RN, MPH – Director of School Health

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Dear DHS Parent:

Student health is an integral part of a successful school year. Nurses in the Darien Public Schools have a strong commitment to ensuring the public health and safety of the student populations they serve. The Darien High School health office is staffed by two full time nurses, Rosanne Fitzmaurice, RN and Kimberly Karas, BSN, RN.

In order to provide the best care for your child while in school, your cooperation and communication are greatly appreciated. First and foremost, should your child have an emergency at school, it is essential that the health office has accurate information about your child's health conditions and needs as well as appropriate contact information. Please download the **emergency form**. Complete 2 emergency forms and return the signed forms to the school nurse on the first day of school. One emergency form is kept in the health office and the second form is sent with the teachers on class field trips.

There are other school health practices and procedures that may impact your child. Most often these requirements are based on Board of Education policy as well as state and local legislation. Please review each of the items below to determine applicability for your child. Further information can be found on the School Health Department Guidelines.

- I. Physical Examination for Students in Grade 10 and New Enrollees – All students *entering Grade 10* and all *new enrollees to the Darien Public Schools* must have a physical examination and documentation of immunizations.
- II. The Sports Participation Health Record – All students who plan to tryout, practice, and *play at any level of interscholastic athletics* must have a documented physical examination, current within 13 months, on the Sports Participation Health Record in order to participate.
- III. Administration of Medication at School – Students who *must receive any kind of medication in school* must contact the school nurse and complete the requisite forms. Please note that this includes provisions for students' self-administration of medication and guidelines for administration of non-aspirin pain relievers/acetaminophen.
- IV. Inability to Participate in Physical Education – Students who are *unable to participate in physical education* because of injury or illness must provide appropriate documentation to receive an exemption.

Please be aware that school nurses are not available to provide health services during before- and after-school programs. If your child has a significant health issue and will be attending a Board of Education-sponsored program before or after school, please contact the school nurse so

appropriate accommodations can be made. For programs that are held in public schools but are not sponsored by the Board of Education, please contact the organizers of the respective programs to arrange for appropriate health accommodations for your child.

It is in your child's best interest that you contact your school nurse if there is a change in your child's health status during the course of the year, particularly if there is a serious illness, injury, or allergy. Also, please contact us immediately if your child has a communicable disease to which other children may have been exposed.

Please do not hesitate to contact Rosanne Fitzmaurice RN, Kimberly Karas RN or me if we may assist you in meeting your child's health care needs. We look forward to doing our part to ensure that your child has a safe and productive school year.

Sincerely,

*Ellen*

Ellen Ryan RN, BSN, MPH  
Director of School Health Services