



## From the Health Office

Dear Parents,

We look forward to welcoming your children to Providence Academy! As we head into a new year, here are some important reminders from the Health Office.

### Attendance:

If your child is sick, please leave a description of their symptoms when reporting their absence.

**Lower/Middle School** – [lsmsattendance@providenceacademy.org](mailto:lsmsattendance@providenceacademy.org) or 763-258-5520

**Upper School** – [kate.gregg@providenceacademy.org](mailto:kate.gregg@providenceacademy.org) or 763-258-5500

<https://www.providenceacademy.org/health-office/when-to-keep-your-child-home/>

**Children who need to leave school due to illness, must first be seen by the school nurse. The school nurses and parents will determine together the necessary care for each student.**

### Forms:

All Health Forms can be found under the Health Office Forms tab at this link:

<https://www.providenceacademy.org/all-school-forms/>

### Health Forms Due:

For our new families and students who completed Pre-K at Providence, please complete your **PA Health Information Form** and return it as soon as possible.

For current families, if your child's health has changed over the summer, please contact the Health Office to update your child's record.

### Immunization Records Due:

Updated immunization records are required for students entering Kindergarten, Seventh and Twelfth grade. If you have not done so, please send your child's updated immunizations.

The Minnesota Department of Health is an excellent resource for any questions you may have on immunizations. Their website is <http://www.health.state.mn.us/divs/idepc/immunize/index.html>.

## Medication at School:

### All Students-

Prescription and over-the-counter medications, **other than** Acetaminophen and Ibuprofen, require an ***Authorization for Medication Form*** with **parent and physician** signatures.

### Lower School –

Acetaminophen and Ibuprofen will be provided and given only with verbal authorization from a parent or guardian at the time it is needed.

### Middle/Upper School –

Acetaminophen and Ibuprofen will be provided and given with a ***Middle/Upper School Ibuprofen/Acetaminophen Authorization Form*** on file signed by **a parent**. The school nurse may not administer Acetaminophen and Ibuprofen without a signed form for the 2023-2024 school year. This form must be completed annually.

Students are not allowed to have medication in their possession during the school day except for EpiPens or Albuterol inhalers. **All other medication must be kept in the Health Office.**

## Sports Physicals:

Students participating in varsity athletics in grades seven through twelve must have a sports qualifying physical on file with the Upper School office. Sports physicals are good for three years. Please contact Mrs. Gregg in the Upper School office with any questions. [kate.gregg@providenceacademy.org](mailto:kate.gregg@providenceacademy.org) or 763-258-5500.

## Flu Clinic:

The annual flu clinic for students and their families takes place on the following dates:

- Thursday, October 2 from 3:15 to 5:00 PM
- Wednesday, October 15 from 3:30 to 5:00 PM

The clinic will take place in the faculty lounge off of the Great Room. Online sign up will be open three weeks prior. Please watch the e-bulletin for more information.

Sincerely,

Molly Kukuljan  
School Nurse  
769-258-2507