



# Notes from the PMFS School Nurse, Ann Pruskowski (apruskowski@colonialsd.org)

- **STATE REQUIREMENTS FOR IMMUNIZATIONS (since 2017): All students need to be fully immunized before the start of school or RISK BEING EXCLUDED FROM SCHOOL ON DAY 6.** Speak to your pediatrician for immunization requirements.
- Physicals are required upon entry to **Pre-Kindergarten**, in **Kindergarten**, and **5<sup>th</sup> grade**. The 5<sup>th</sup> grade physical is also a requirement for the Mexican Exchange Program. *An exam done within 12 months of the start of the required school year is acceptable.* Physical exam reports may be found on the PMFS website or your health care provider can use his/her own computerized form.
- Dental exams are required in **Kindergarten**, and **3<sup>rd</sup> grade**. *An exam done within 12 months of the start of the required school year is acceptable.* Dental exam reports may be found on the PMFS website.
- Most medications that children need can be taken at home and not sent into school. **In the case that any medication (including cough drops) needs to be taken at school, a completed medication form signed by the parent and health care provider must be sent to school**, along with prescription medication in the original pharmacy container. The school keeps a supply of some over-the-counter medications. All medication should be delivered to school by a parent/guardian. A copy of the medication policy and forms can be found on the PMFS website. *A new medication form is required each school year.*
- If your child has asthma and/or allergies, please complete an asthma and/or allergy action plan. If you will be sending emergency/rescue medication to school, be sure to have your health care provider sign the action plan. (In this case, you will not need a medication form.) Action plans may be found on the PMFS website. *A new action plan is required each school year.*
- The Philadelphia Freedom Valley and North Penn YMCAs both offer a free one-year membership to all 7<sup>th</sup> graders. Students just need to take their report card that says they have been promoted to the 7<sup>th</sup> grade, along with a parent, to take advantage of this offer. See a list of participating YMCAs at <http://philaymca.org>.

**Forms on the Plymouth Meeting Friends School website: [pmfs1780.org/schoolforms](http://pmfs1780.org/schoolforms)**