



PHYSICALS

ROCKLAND PUBLIC SCHOOLS FOLLOW THE DEPT. OF PUBLIC HEALTH GUIDELINES AND REQUIRES A PHYSICAL EXAM FOR ALL STUDENTS ENTERING GRADES K, 4, 7 AND 11. A DOCUMENTED CURRENT PHYSICAL (WITHIN 1 YEAR) WITH FULL IMMUNIZATION HISTORY MUST BE ON FILE.



Heights & Weights will be conducted during the months of October thru December 2017.



Winter Clearance for high school sports will take place 11/9/17 @ RHS from 12:30PM until 2:30PM.

MEDICAL POLICY

Children that are sent home from school with a temperature of 100.4 or higher need to remain home until they are fever free for 24 hours. Also if your child is on antibiotics for an illness, they need to be on the medication for 24 hours before they return to school.

Medication Guidelines
The school nurse will assume responsibility for dispensing all medications ordered by a physician. Medication must be in its original container and brought to school by a parent or guardian. **NOT THE CHILD.**

All necessary forms must be turned into the school nurse before your child will receive medication.

CONCUSSION TESTING

Concussion Testing or "Impact Testing" is currently being conducted at Rockland High School for all fall athletes. All permission slips are on file in the nurse's office. This testing is done every 2 years for all our athletes. We will continue with this testing throughout the winter & spring. If you have any questions please call the school nurse.



Immunization Requirements

KINDERGARTEN

- 5 DPT
- 4 POLIO
- 2 MMR 3 HEP B
- 2 VARICELLA OR PROOF OF CHICKEN POX
- 1 LEAD TEST
- A CURRENT PHYSICAL & EYE EXAM

GRADE 7

- 5 DPT
- 4 POLIO
- 2 MMR 3 HEP B
- 2 VARICELLA OR PROOF OF CHICKEN POX
- *1 Tdap (WITHIN THE PAST 5 YEARS)
- A CURRENT PHYSICAL EXAM

THESE IMMUNIZATIONS ARE MANDATED BY THE STATE OF MASSACHUSETTS

SCHOOL NURSES:

Kathi Ryan, RN	Rockland High School	781-871-8411
Julie Cordero, RN	Rogers Middle School	781-871-8436
Maryellen Concannon, RN	Esten School	781-871-8439
Beverly DiGregorio, RN	Jefferson School	781-871-8437
Julie Wilson, RN	Memorial Park School	781-871-8438

Special points of interest:

- PHYSICAL REQUIREMENTS
- MEDICAL POLICY REGARDING FEVERS
- MEDICATION GUIDELINES
- CONCUSSION TESTING @ RHS
- IMMUNIZATION REQUIREMENTS