



Arlington Heights Nursery School

Established 1965

Health Forms Information Sheet

For admittance to AHNS, Massachusetts' regulations require we have on file an up-to-date health form for your child, signed and dated by your child's health care provider. The health form must include:

- The results of your child's last physical examination (within one year)
- A record of your child's immunizations, which must be up-to-date according to the child's age.
- The results of his or her lead screening, if applicable. Children need to be screened for lead paint **once between nine and twelve months of age, and again at ages two and three.**

Every school and child care program in Massachusetts requires the same information, so pediatrician offices typically have their own form they prefer to use to record this information (most are computerized); if however they would like us to provide a form, please let us know. One piece of advice: when you get your child's health form, make a copy or two. Many pediatrician offices now charge a fee for duplicates, and charge even more if you request a quick turnaround.

Health forms are valid for one year from the date of the exam. Current AHNS families already have a health form on file; a new form is only required if it expires prior to the start of the school year. The state mandates that each child's health record at school contain a current physical (within the past year). Please make the required appointment with your child's health care provider before the physical form expires, so that we remain in compliance with state regulations.

If your child has a severe allergy or chronic health condition, it is essential that you discuss your child's needs with Jessie Bagley, RN or Lynn Taber, RN **before the forms are due.** We will develop a plan for any necessary accommodations and provide you with the proper forms for you and your child's health care provider to complete. If you are sending in any medication (prescription or non-prescription, including topical medications), please submit a medication consent form, which is available on the forms page of our web site. Legally, we need written consent from a parent **and** health care provider to administer **any** medication and must have these forms on file **before the start of school.** Please contact us and leave enough time before school starts to get the forms completed by your child's health care provider.

For health-related questions, please call:

Jessie Bagley, RN or Lynn Taber, RN