

Dear Ursuline Parents/Guardians:

Welcome! To ensure a smooth start to your daughter's new school year, please read the following important health information carefully. School entrance requirements include a report of a recent physical exam and a complete immunization record. Please send in all health forms (updated physical with immunizations) to the Health Office **by August 1, 2026**.

1. **PHYSICAL EXAM**

- ▶ Required **for all new students** in grades 7 – 12.
- ▶ Required **for all students entering grade 11**.
- ▶ Required for **athletics** [must be performed within 13 months of athletic participation, including tryouts, per MIAA RULES] .

2. **IMMUNIZATIONS**

- ▶ Required for **all new** students in grades 7 – 12 and for all students in grade 11.

Proof of immunization is required by the Massachusetts Department of Public Health for school entry. No student will be admitted to school in September without documentation of required immunizations on file in the Health Office. For more information on required immunizations [click here](#).

3. **MEDICATION -**

- ▶ **Over-the-Counter(OTC) medications**: require a signed **parental authorization form** be submitted to the school nurse ***before*** your daughter can receive any over-the-counter (OTC) medications. (This can be found as part of the emergency contact form that will be sent home the first day of school.)
- ▶ **Prescription medications** (including EpiPens, inhalers) require **both a doctor's medication order and a parental authorization form** for the administration of prescription medications in school. (105.CMR 210.000). These need to be renewed each school year.
- ▶ A student ***may not*** carry medication or **self-medicate** without prior consent of the school nurse. **Both** a signed doctor's order and a parent authorization are required before consent may be given. These need to be renewed each school year. (105 CMR 210/006).

4. **MEDICAL ALERT**

If your daughter requires medication, monitoring, or potential emergency care during the school day due to a medical condition, including asthma, diabetes, a life-threatening allergy requiring an EpiPen, seizures, migraine headaches, or mental health concerns:

- ▶ **Contact the School Nurse by August 28, 2026.**
 - ◇ to schedule a conference with the school nurse to assist in developing an individualized health care plan for the student
 - ◇ to review the student's medication plan
 - ◇ to deliver medications
- ▶ Students diagnosed with a life-threatening allergy requiring emergency medication **must have** the necessary medical forms on file and provide the Health Office with backup emergency medications **by September 9, 2026**.

*Students will not be permitted to participate in field trips/outings until the above conditions are met.

5. EMERGENCY CONTACT FORM

The **Emergency Contact Form** will be sent home with your daughter on the first day of school. Please complete both sides thoroughly and return the form ***as soon as possible***. It contains important information necessary to provide care for your daughter and to communicate with you in the event of an illness or injury during the school day.

To ensure confidentiality, please send all health records to the attention of the School Nurse at:

Ursuline Academy
85 Lowder Street
Dedham, MA 02026

Please contact the School Health Office at 781-493-7721 or nurse@ursulineacademy.net with any questions or concerns you may have. Thank you for your prompt attention and cooperation in helping to prepare your daughter for a healthy and successful new school year. Enjoy a restful summer.

Sincerely,

Heather Smart BSN, RN, NCSN
School Nurse
Ursuline Academy