



## ELMWOOD PARK MEMORIAL MIDDLE SCHOOL

375 RIVER DRIVE  
Elmwood Park, NJ 07407

### Office of the School Nurse

(201) 796-8700 Fax: (201) 625-6490

Kathryn Mulligan, RN CSN-- #2960 ([hsnurse@epps.org](mailto:hsnurse@epps.org))

Michele Stark, RN-- #2860 ([stark@epps.org](mailto:stark@epps.org))

## WELCOME TO MIDDLE SCHOOL!!

### TIPS FROM THE NURSE'S OFFICE

- Eat breakfast every day! Just like a car, your body cannot run without fuel.
- Get plenty of rest.
- Please stay home when you are not feeling well. Fever of 100.3 degrees F or higher and/or vomiting/diarrhea, requires you to stay home from school for 24 hours after these symptoms have stopped! If you have diarrhea/ vomiting during the school day, you **MUST be picked up from school** within a reasonable time.
- **Attendance in the Middle School is done in the MS Main Office, ext. #2996...NOT the Nurse's Office.**
- Please be sure that you have **at least one contact, that is available when parents are not, on your emergency card**. Please be sure to make the nurses aware of **any** medical issues you may have!
- If you need to take medication during school hours, we would need a doctor's order & the medication **MUST** be in its original container. Ask the nurses for proper paperwork or see one of the nurse's web pages (see above)!
- If you require use of crutches in school/ use of the elevator/ or will be out of PE class, **you must have a doctor's note!** (See the student handbook)
- Remember, in order to enter 6<sup>th</sup> Grade, you must receive 2 immunizations... a Tdap booster and a Meningitis. You **will be excluded from school** if you fail to provide proof of these immunizations.

We look forward to seeing you in September and a brand new school year!

Your School Nurses,

Mrs. Mulligan, RN CSN  
Mrs. Stark, RN



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MIDDLE SCHOOL**

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September 2019

Dear Parents/ Guardians:

As of September 2008, all sixth grade students in public and private schools are required to receive two additional vaccines:

- **Tdap** – 1 dose for pupils entering grade 6
- **Meningococcal**- 1 dose for pupils entering grade 6

Please schedule an appointment with your child’s physician to get the required immunizations or forward any updated immunizations to the school nurse.

Students **will be excluded from school** if they do not have the required vaccines **OR, at least, an appointment date**. The **only** exceptions would be a valid medical or religious exemption or if the child is not yet 11 years old. Please return the bottom portion of this letter to the nurse. It can be faxed, emailed or brought to our office. These requirements can be viewed online at:

[http://www.state.nj.us/health/cd/documents/new\\_imm\\_requirements\\_letter.pdf](http://www.state.nj.us/health/cd/documents/new_imm_requirements_letter.pdf)

If your child **does not have health insurance**, you may contact **201-210-0200** to make an appointment at the **North Hudson Community Action Corporation** for immunization availability.

Thank you in advance for your help. Please do not hesitate to contact us if you have any questions.

**Student Name** \_\_\_\_\_ **Date of Appointment** \_\_\_\_\_

**Date of immunization: Tdap** \_\_\_\_\_ **Meningococcal** \_\_\_\_\_

\_\_\_\_\_  
**Signature of Physician & Stamp**



**ELMWOOD PARK  
MEMORIAL HIGH SCHOOL/  
MIDDLE SCHOOL**

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**HEALTH CARE RESOURCE**

Physical Examinations & Immunizations

**North Hudson Community Action Corporation  
Health Center at Garfield**

535 Midland Ave.

Garfield, NJ 07026

Phone: (973) 340-1182

Fax: (973) 340-1156

**Appointments: (201) 210-0200**

Services: Internal Medicine, Pediatrics, Women's Health, & Dental  
Hours: Monday, Tuesday, Thursday, Friday & Saturdays: 8:30am-5:00pm  
Wednesdays: 8:30am-7:00pm

**You Must Call and Make an Appointment.**