



Manchester Essex Regional Middle School

Health Services

Mass General Law requires that periodic physicals be completed during your child's school career. Updated physicals and immunization records are required in grade 7 & 10. Please remember to forward a copy of your child's updated health records to Cyndi Aldrich, RN even if you sent one to athletics.

Below is a link for special savings if your child requires an EpiPen. If you need help acquiring medication for your child's allergy please contact your physician or school nurse.

<https://www.epipen.com/en/resources/paying-for-epipen>

Remember to forward new orders for your child's medication with signatures from the physician and parent to health services. EpiPens should come in the labeled box.

To ensure the health of your child and that of others, it is important to report any communicable illness to the school nurse. Your child must stay home if he/she has a fever and may return to school when he/she has been fever free for 24 hours without the use of medication.

The nurse also requests that your child report to Health Services first thing in the morning if they have been injured and are using crutches. The nurse will review emergency procedures with your child should the school need to evacuate the building.