



Cardinal O'Hara

HIGH SCHOOL

July 2021

Dear Parents/Guardians,

We hope you are having a safe and healthy summer. To prepare for the coming school year, please complete the following forms and/or submit the necessary paperwork so that your child is in compliance with all health and immunization requirements for New York State and to ensure that we are aware of any health needs that your child may have.

- Meningococcal vaccine: This vaccine is mandatory for all students entering the 12th grade.
- COVID vaccine: Although not mandatory, the COVID vaccine is highly recommended for everyone ages 12 and above, and is safe and effective at preventing COVID disease, especially severe illness and death.
- Health Examination and Dental Certificate: For incoming freshmen, juniors, and students transferring from school districts outside of the Ken-Ton school district, a health examination is required for compliance with New York State regulations.
 - Per the NYSED, effective May 11, 2021 students who are unable to obtain a health examination in the required grade have until **September 1, 2021**, to obtain the required health examination. 9th and 11th grade are MANDATORY physical years with a stressor on sports physicals, within 30 days of the sport.
- Release of Information: Please sign this form as it allows the school nurse to communicate with the child's health care provider(s). This will improve the care of your child in the case of an injury or illness that could impact their school attendance and/or performance.
- Permission to Administer Medication Form: This form should be completed by your health care provider if your child requires medication (prescription or over the counter) during the school day.
 - The medication must be brought to school by an adult in the original container. Please do NOT have your child bring the medication.
 - If you and your health care provider choose to have your child self-administer their medication, please fill out the **back** of the Permission to Administer Medication form.
- Health History and Health Exam (sports physical): For those students who would like to participate in the fall sports season, please complete the health history (both sides) within 30 days of the start of the fall sport.

If you have any questions or concerns regarding your child's health needs or the forms provided in this mailing, please feel free to contact the school: 716-695-2600. Completed forms (including health examinations) can be faxed to the school: 716-692-8697. Forms or any questions may also be emailed to the school nurse at jhollander@cardinalohara.com

Sincerely,

Jessica Hollander

Jessica Hollander
COHS School Nurse



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**Physicals can be completed by your health care provider or
here are some other options:**

*UBMD Orthopedic & Sports Medicine: \$40.00 CASH. Call to schedule appointment:
~160 Farber Hall, 3435 Main St. Buffalo, N.Y. 716-204-3200
~4949 Harlem Rd. Buffalo, N.Y. 14226 716-204-3200

*Community Health Center of Buffalo, Inc.: Have a sliding pay scale for services.
34 Benwood Ave.
Buffalo, NY 14214
716-986-9199
Several locations in Buffalo, Lockport, Niagara Falls & Cheektowaga.

*Erie County Health Department - Jesse Nash Health Care Center
608 William St.
Buffalo, NY 14206
716-858-7687 - press 3 for immunizations clinic.

*Lighthouse Medical Clinic: Offer FREE services.
1315 Jefferson Ave.
Buffalo, NY 14222
716-222-0808
Leave a message and they will call back.

*Jericho Road Community Health Center: works with immigrant population.
184 Barton Street
Buffalo, NY 14213
716-881-6191

*Vaccines should be FREE for those who meet requirements:
Medicaid, Child Health Plus, Native American, Uninsured, and if your insurance does not cover the vaccines requested.*