Cardinal O'Hara
HIGH SCHOOL

July 2025

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 (booster): This vaccine is mandatory for all students entering the 12th grade. If not received by 2 weeks from the start of school, student will be excluded per NYSDOH.

- Health Examination and Dental Certificate: **The New York State Education Department requires a physical health examination for students entering the school district for the first time (new entrants) and students entering grades 9 and 11, as well as annually for interscholastic sports and for working papers as needed.** The health examination is required to comply with NYS regulations.
  - School Physicals must be on the Required NYS School Health Examination Form which can be found on the school website (www.cardinalohara.com) under the PARENT TAB.

- Release of Medical Information: Please sign these forms as it allows the school nurse to communicate with the child's health care provider(s) and faculty/staff. 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 **Attestation** on the **back** of this form.

- Student Health History Update: Please complete this form to have updated health information on file for your child.

- Interscholastic Sports: For those students who would like to participate in the fall sports season, **please complete the registration on Arbiter Sports** and submit current up to date physical. Students may not participate in interscholastic sports until received and cleared by the health office.

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 mmarriott@cardinalohara.com

Sincerely,

Melissa Marriott RN

Melissa Marriott, RN
COHS School Nurse

Cardinal O'Hara
HIGH SCHOOL

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

*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.

*Lighthouse Medical Clinic (located in the Community Health Center of Buffalo): Offers FREE services-limited hours.
716-222-0805

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

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

*Good Neighbors Healthcare: Offers FREE services – limited hours
175 Jefferson Avenue
Buffalo, NY 14210
716-856-2400

*WellNow Urgent Care: Conducts school/sports physicals
Many Locations

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.