



**St. Katharine of Siena School**

116 S. Aberdeen Ave, Wayne, PA 19087

Phone 610.688.5451 | Fax 610.688.6796

www.sksschool.org



May 6, 2023

Dear SKS Families,

We are beginning to make preparations for the 2023-2024 school year. Welcome to all of our new families joining us this year and welcome back to our current families. Planning for a new school year brings hope and excitement for all of us. I look forward to partnering with you for all of your children's health and safety needs while at school.

This letter contains important information about required health office paperwork, information for families of children with food allergies, medication administration at school and in school celebrations involving food items, the link for the online Emergency Contact and SKS annual forms for all families. All details can also be found on our Health Office page of our school website.

Children entering the school in **kindergarten or 1<sup>st</sup> grade** are required to submit proof of physical examination with up to date immunizations and proof of a dental exam. **Both forms are to be dated no earlier than September 6, 2022.**

An updated physical with immunization record is required **entering 6<sup>th</sup> grade** also. An updated dental exam is required **entering both 3<sup>rd</sup> and 7<sup>th</sup> grades.**

**Any student who is a new resident of the Commonwealth of Pennsylvania is required to submit both a physical with immunization record and a dental exam before the first day of school regardless of the grade level.**

***All health forms are to be submitted online. They can be sent as downloads, scans or screenshots to [Imagargal@sksschool.org](mailto:Imagargal@sksschool.org). No paper copies are accepted.***

Please use these links for the [physical form](#) and the [dental form](#) to be submitted before September 6<sup>th</sup>.

All families, both current and new families, must complete the online [Emergency Contact and SKS Annual Forms](#) each year. **This is completed on a single form [submitted online](#) by August 15, 2022.**

If your child has any medications that need to be administered on a daily basis or an "as needed" basis please complete [the Medication Administration form](#) and send it in along with the medication. If you prefer to drop the medication off to me directly at school that is fine also, either before the close of school this year or after August 29<sup>th</sup>, 2023. **No prescribed medications (daily or as needed) can be given without the form being completed and signed by your physician.** All medications are kept private and secure and stored in the health office.



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If your son or daughter has any food allergies, we ask that you complete [the FARE Form](#) and have it signed by your physician. Please also provide Benadryl and/or Epi-pens if prescribed by your physician as part of the action plan. The completed and signed [FARE form](#), medications and a recent picture of your child can be sent in on the first day of school. All allergy plans and medications are kept in the Health Office. Please note that I have a back-up supply of Epi-Pens, Epi-Pen Jr. and Benadryl to use if necessary.

I understand that having food allergies can be a source of anxiety for both parents and students. Please know that my goal every year is zero exposure to any student with food allergies. Our food safety program focuses heavily on education and prevention and includes in classroom education about taking care of our classmates with food allergies. All students will continue to eat lunch in the cafeteria. If you wish for your son or daughter to be seated at a peanut free table or to have other special seating arrangements for lunch please email me and we can work together to find the best option. I will again be very visible at lunch as I have done in previous years. I have said in the past that if your child has a food allergy I will know them and they will know me!

Teachers will be communicating with you about in class celebrations with food. As many of you recall, we have had limited outside food options over the last two school years. We are happy to include food with our celebrations this year but we must keep a few things in mind.

1. Please keep it simple. The more elaborate the snack the more difficult it is for teachers to manage and for the kids to actually eat.
2. Do not send in any snack that contains peanuts or tree nuts.
3. All ingredients must be clearly visible on the packaging.
4. No homemade items. **This is very important as the risk for cross contamination is higher with homemade items.**
5. Parents of students with food allergies can send in safe snacks to be kept in the classroom for celebrations.

Please keep all of these [physical](#) and [dental form](#) requirements in mind as you make appointments for your children this spring and summer.

If you have any questions or concerns related to your child's health and wellness while at school please do not hesitate to reach out to me directly. I will do my best to be helpful.

Sincerely,

*Lisa Magargal*

Lisa Magargal, RN, BSN