



School District of Clayton Back-to-School Health Checklist: A Guide for Parents

The School District of Clayton nurses have provided a checklist to help you prepare for the first day of the upcoming school year. Summer is a very busy time in doctor's offices, so we encourage you to make that appointment now; your child may need to have a physical for school or sports, or updated immunizations.

_____ ***Physical:** It is recommended (but not required) that students submit a physical prior to entering kindergarten, third, sixth and ninth grade. It is also recommended that all NEW students to the District, as well as any student with a chronic health condition, submit a physical form prior to starting school. Students participating in Clayton-sponsored sports need to submit an annual physical that clears them to play sports. High school students must have the MSHSAA form completed by a physician. The MSHSAA form and Clayton physical form are available to download and print from the District's website. You also may obtain a form from your school nurse.

_____ ***Annual Student Health Information Form:** All students need to have an Annual Student Health Information Form on file in the nurse's office. This form is to be completed by parents/guardians prior to the first day of school since it contains pertinent medical information and permissions.

_____ **Current Immunization Records:** Current immunization records are needed for all students who are new to the School District of Clayton, students entering kindergarten, and all students entering eighth grade. Eighth-graders need to have a Tdap and meningococcal (MCV) vaccine prior to starting eighth grade, while students entering 12th grade should have two doses of the MCV vaccine. [View the current Missouri School Immunization Requirements](#). Contact your pediatrician for an updated immunization record and forward it to your school nurse prior to the first day of school.

_____ ***Medication Administration Form:** This form must be completed by a parent/guardian and the student's physician for over-the-counter medications (with the exception of medications included on the emergency health form). A prescription medication bottle will suffice as a physician order; therefore, parent/guardian permission is only necessary in the case of a current prescription medication. Always bring medications in their original packaging/bottles.

_____ ***Authorization to Self-Carry Prescription Medication Form:** This form needs to be completed by a parent and student in order for the student to be able to carry and administer his/her own medications (epinephrines and inhalers). This form should be completed annually in addition to the Medication Administration Form. ***Narcotics are to be stored in the nurse's office and dispensed by the nurse per state law.***

_____ ***Asthma Action Plan:** Students who have asthma and need to use an inhaler at school should have an Asthma Action Plan on file with the school nurse. The form provides instructions for treatment at school in the event of an asthma attack or exacerbation of symptoms. This form needs to be completed by the student's physician **annually**.

_____ ***Food Allergy Action Plan:** Students with a history of a severe allergic reaction (egg, food or insect stings) and a diagnosis of a life-threatening allergy should have an Allergy Action Plan on file with the school nurse. This form is completed by the student's physician **annually** and communicates the M.D.'s orders for medical intervention specific to the student in the event of an allergic reaction.

_____ ***Seizure Action Plan:** Students with a history of seizures should have a Seizure Action Plan on file with the school nurse. This form is completed by the student's physician **annually** and communicates the M.D.'s orders for medical intervention specific to the student in the event of a seizure at school.

*Denotes forms available for download on the District's website at www.claytonschools.net/healthservices.