



Principal  
Lisa Johnson

Assistant  
Principals  
Ralph Carusillo  
Matthew Perlongo

Superintendent of  
Schools  
Patricia Trombetta

57 Division Street  
Holtsville, NY  
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#WeAreSachem

# Sachem Central School District

## Sagamore Middle School

June 2025

Dear Parent(s) and Guardian(s):

We want to take this opportunity to remind you of important health requirements for the upcoming school year. Please review the information below and reach out if you have any questions.

- Health Examinations (physicals):** New York State law requires a health examination for:
  - All new entrants and students in grades Pre-K or K, 1, 3, 5, 7, 9 & 11;
  - Every year for students participating in athletics (sports);
  - For working papers as needed; or
  - When required by the Committee on Special Education (CSE) or Committee on Pre-School Special Education (CPSE).

\*All physicals must be completed on the **New York State Required Health Examination Form**. This form can be found on the Sagamore Middle school website under the nurse/medical forms tab.

\*On page 2, under **Participation in PE/Sports, BOTH Family cardiac history reviewed and Student may participate in all activities without restrictions**, **MUST** be checked ff. Please make sure the doctor also fills in the Exam Date, located on the 1<sup>st</sup> page.

- Immunizations (shots/vaccines):** New York State law requires all students entering or attending (including remotely) any New York State school (public, non-public, and charter schools) to receive all doses of immunizations required for their grade level in order to attend school.
  - Students **11 years or older entering grade 6** are required to have one dose of **Tdap**.
  - Students **entering grade 7** are required to have one dose of **Meningococcal Conjugate vaccine**
  - Information regarding immunization requirements can be found at [www.health.ny.gov](http://www.health.ny.gov).
  - Please make sure to submit a copy of your student's immunization record to the health office.



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## Prescribed & Over-The-Counter Medications

If your student requires medications during the school day, the school must have the Sachem medication form completed and returned to the health office. Medication forms can be found on the Sagamore Middle school website under the nurse/medical forms tab. Please make sure the form is completed with the following information:

- A written healthcare provider order, signature, and stamp. (written attestation is also required for independent students for self carry/self administer status)
- Signed parent/guardian consent, and
- The medication **must be brought to the school by an adult. The medications must be in their original labeled prescription or over-the-counter bottles/packaging.** Any special supplies or equipment for the nurse to administer the medication must also be provided to the school.

**\*\*Any student trying out for a sport that requires medication needs the written attestation completed for independent self carry/self administer status.\*\***

- Health Screenings:** New York State mandates the following health screenings to be completed. During this school year, the following screenings will be required or completed at school if not completed by your family physician:

### Vision

- Distance and near acuity for all newly entering students and students in Pre-K or Kindergarten, Grades 1, 3, 5, 7, and 11.
- Color perception screening for all newly entering students.

### Hearing

- Hearing screening for all newly entering students and students in Pre-K or Kindergarten, Grades 1, 3, 5, 7, and 11.

### Scoliosis

- Scoliosis (spinal curvature) screening for all girls in grades 5 and 7, and boys in grade 9.

If you have any questions or concerns, please reach out to the health office using the contact information below. Have a wonderful and safe summer!

Sincerely,

Tara Mattimore RN & Jennifer Di Gregorio RN

Phone: 631-696-8600, Ext. 3950 & 3949

Fax: 631-696-8647

[www.sachem.edu](http://www.sachem.edu)