

# Sachem North Nurses Office

Welcome to the Nurse's Office at Sachem North High School



Ms. Diane Kuethman RN

Mrs. Dorothy Farrell RN

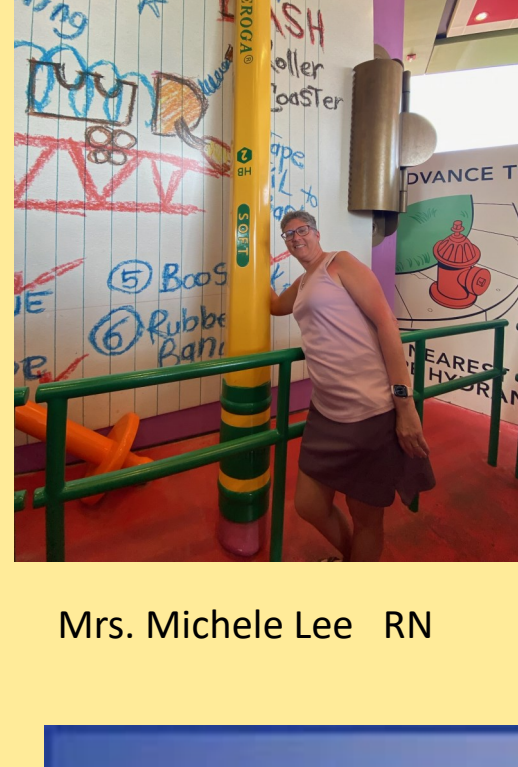
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Mrs. Michele Lee RN

**\*\*For all forms and  
information, please  
see**

**[Health Services](#)**

**\*\***



## Sports Physicals for Athletes being offered for the 2025-2026 School Year

### **SACHEM NORTH HS**

Boys and Girls

**Thursday, May 29th,  
@ 2:30 pm**

Sports Physical forms can be  
downloaded on the athletic website  
<http://www.sachem.edu/departments/athletics>  
or picked up in the Nurse's Office.

Please contact the building nurse with  
any questions related to your child's  
sports physical.

(631-471-1400 X 5640)

### **Sport Clearances**

**All sports will be cleared  
through Final Forms only.**

**Access to Final forms opens  
30 days prior to the start of your  
sport season.**

**Do not** give paperwork to your Coach,  
Secretaries or Administrators.

Do not mail it.

**You will receive an email when your  
Child / Athlete is cleared**

**through final forms.**

**Only** upload physicals to final forms.

Remember to upload orders for **ANY**  
medications and MD clearances **you need**.

All medical history including all injuries  
(past and present) & allergies must be  
documented on final forms.

**You will not be cleared without completed  
forms and accurate medical history.**

**Do Not** wait until the last minute to try and get  
cleared, the nurses **Will Not** be able to handle  
last minute clearances.

It is the responsibility of the child and parent  
to upload paperwork on final forms.

## **School Physicals:**

***New York State requires all 9th & 11th grade  
students and new entries to the Sachem District have a  
physical on file with the school.***

If your child has had his/her physical, but has not turned in the  
physicians form, please do so **as soon as possible**.

Students who have not turned in  
documentation of a physical will be  
examined by the school physician.

If you have any questions or concerns, please  
contact the school nurse at 471-1400 ext. 5640

**Sachem School District children will be screened for the  
following**

**Grade 9:** Scoliosis (Boys only)

**Grade 11:** Distance & Near Vision Screening , Hearing Screening

### **IMMUNIZATIONS**

All students must be immunized by NYS regulations.

For more information, please visit [www.schoolhealthservicesny.com](http://www.schoolhealthservicesny.com)

Student entering 12th grade **REQUIRE**

a "Meningitis A" vaccine after the age of 16.

## **IMPORTANT REMINDERS!**

**\*\*If a Doctor or Specialist requests a  
student not participate in  
physical education or sports,  
the NURSE must receive a note from that  
doctor before they will be allowed to  
return to gym or sports\*\***

**\*\*If you weren't cleared to play  
physical education  
when the school year ended in June,  
we need the clearance from the  
Physician to allow you to play or  
an updated medical note  
to keep you out in September\*\***

**\*\*If a student requires any medications,  
*even over the counter medications*  
(Advil, Tylenol...etc.)  
the Nurse needs a  
prescription from the doctor.**

Under NYS Nurse's Laws, the Nurse may not  
administer any medications  
without a prescription.\*\*

As always, please contact the Nurses office with any  
questions or concerns.