



## Welcome Back!

### Supplies for a *HEALTHY* school year 🧐

Please encourage your students to have a 💧 **water bottle** 💧 so they can fill at water stations. **Hydration** is key!

Also who doesn't love **snacks**? 😊 Please encourage your student to bring (or hide) some type of 🍌 **snacks** 🍌 into your student's bag so they have it available throughout the day, somehow they never have time or like the school lunch 🤔😞😞.

*(donations always welcome in the health office for granola bars, poptarts, etc)*



**\*\*ALL Immunizations for ALL students must be up to date or in some cases “in process”.** If you have specific questions please contact your student's physician or the health office during school hours. Please see [NYS 2022-23 immunization requirements](#) for more information.

For any student that requires **medication** for any reason to be available or administered during school hours, they **MUST** have a physician's order for the current school year. This includes both prescription medication (inhalers/epi-pens/medication for chronic illness, etc.) and over-the-counter medications (tums/tylenol/motrin, etc.) The physician must determine if your student can self carry/self administer medication such as inhaler, epipen, diabetic supplies. [Medical Forms](#)



### ✨Attention 7th Grade✨

- NYS **requires** a Physical Exam within one year of the first day of school. Please send it to the health office by October 1st.  
(Example: For SY 2022/23 a physical dated September 7, 2021 or later.)
- **Meningococcal** vaccination is due at this time for all 7th graders.



Accidents happen...all the time... we can write a book ! We strongly encourage an extra t-shirt, shorts, leggings and under-roos, etc for their locker! 🐼🐼🐼

*Please call us at any time to discuss your students. Our mission is to support our children both physically and emotionally and working collaboratively can help us do just that!*  
(845) 298-5200 ext. 21005, 21006

Please check out our website for all sorts of good stuff: [WJHS Health Office](#)

