



School Nurse

Smyrna High School

Dear Parents or Guardians,

On behalf of our nursing team at Smyrna High School, we welcome you to the 2025/2026 school year! Please know that the safety of your student is and will remain our top priority. As your school nurses, we want to remind you of several important requirements or guidelines. We are looking forward to a productive partnership with our families and students to ensure safety and academic achievement. Our shared responsibility for your student's success will be guided by the following guidelines in our nursing office:

Vaccinations: According to Delaware laws and regulations, it is mandatory for all students to maintain up-to-date vaccinations. Please make sure your student is current on their vaccines before they return to school. Vaccines are the best way you can protect your student.

Health Examinations: According to Delaware laws and regulations, it is mandatory for all students to have a current Health Examination, also known as a Health Physical. Please make sure one has been submitted to our office.

Medications: Students are not permitted to carry their own medications except for inhalers and epi-pens as ordered by their doctor with signed parent and school nurse permission. As for all other medications, only a school nurse is permitted to administer them during school hours. Medications prescribed by a doctor must be sent in the original container with proper labeling that is to be administered during school hours. In addition, controlled medication must be brought in by an adult and handed to the nurse with the exact count of pills in the container.

Emergency Card: Emergency cards will be provided to you and need to be filled out completely with a parent/guardian signature on the back page. This is a State of Delaware Department of Education regulation. Please make every effort to return the completed Emergency Card the first week of school but no later than September 30th. One purpose of this form is to assist the nurse and other school personnel in reaching parents/guardians should a medical emergency arise. This form also gives permission for the nurses to provide some over-the-counter medications. During the course of the school year, should this information change, please notify the main office so we can update your student's card.

Ninth Grade Health Requirement: According to Delaware laws and regulation, all students entering 9th grade must have a current health examination on file. The health examination must be done within 2 years of entry into 9th grade. These health forms are to be provided prior to school starting. In addition, entering 9th graders must have a recent Tdap (adult booster) and meningococcal vaccination.

Screenings: The nurses will be doing 9th and 10th grade screenings in the Fall. According to Delaware laws and regulations, it is mandatory to conduct hearing, vision, and scoliosis screening.

Nurse Office Visits: The school nurses and school administration are focused on keeping students safe, healthy, and learning. In order to maintain required seat time in class, parents or guardians will be contacted once students reach 5 nurse visits. Also, students with over 5 nurse visits requesting over-the-counter medications will be recommended for further physician evaluation.

Students with Chronic Medical Conditions: Medical documentation is needed every school year for those students who have known medical diagnoses or conditions. This includes diabetic care orders, allergy action plans for epi-pens, asthma action plans for inhaler use, and seizure action plans. All emergency or rescue medications require new action plans each school year.

We feel privileged to be part of this school family. We thank you for your support and look forward to serving you in the 2025/2026 school year. If you have any questions, please do not hesitate to contact us at 302-653-3137. If you are in need of medical services, our school has a Wellness Center available on site to complete physicals and some immunizations upon registering for students who may qualify for the vaccines.

Respectfully yours,

Denise Zavitsky, MSN, RN

Shea Evans, BSN, RN

Michelle Mitchell, BSN, RN