# Williamstown Independent Schools

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Dear Parents/Guardians of upcoming 6th graders:

What a great year! I can't believe it's coming to an end. I hope you all have a fantastic summer and spend lots of quality time together as a family.

As you and your student prepare for next school year, remember that they are at the age that their bodies are going through many changes, physically and emotionally. These changes, on top of entering Middle School, can be a stressful time for students. Please take time to talk to your child about puberty and the specific changes they are facing. Teach good hygiene habits, including showering daily and wearing deodorant. Listen to their anxieties, and lend them support and encouragement as they are growing up. Let them know that Nurse Kathy is always available to them if they need me! Feel free to contact me if you need resources!

**Please see the attached health requirements for 6th grade students.** You can turn these forms in before the end of this school year if you get them complete. You can also turn them in at the Back to School Event at the beginning of the year.

Also, please remember that if your child needs any treatments, daily or as needed medication, please supply a Doctor's order. This is for prescription as well as over the counter medications. A new signed/dated order is required each school year.

Thank you for your attention!

Enjoy your summer, be safe, and stay healthy!!

Sincerely,

Nurse Kathy

# Incoming 6th grade students Health Requirements:

1. **Up-to Date Kentucky Immunization Certificate updated with all vaccines including Meningitis vaccine, second varicella (chicken pox), and a Tdap booster.**
2. **Physical Exam- Must be on attached KY Preventative Health Care Form. **PLEASE NOTE—THIS IS NOT A SPORTS PHYSICAL.****