



From the Nurses in Health Services

At the

Amesbury Public Schools

STUDENT HEALTH RECORDS

Class of 2016

Dear Parent/Guardian of Graduating Seniors:

Who ever thought today would arrive? Where did the time go? What happened to Girl Scouts, Little League and music lessons? It goes without saying that most high school students, in anticipation of graduating, are experiencing feelings of relief and perhaps even blissful abandon in response to the realization that they're finally going to be free from academic imprisonment!

As your student says goodbye to a place that they've dedicated at least four years of their life, we would like to thank you for letting us be a part of their growing years. It has been our pleasure to watch them develop, care for their illnesses, administer first aid, and be a support to them when it was needed.

We in health services, have a few words of wisdom to pass along before you leave...

- Eat a nutritious diet, and remember that breakfast **is** the most important meal of the day,
- Drink plenty of water,
- Exercise,
- Get enough sleep,
- Wear a seatbelt and sunscreen,
- Avoid negative health behaviors,
- Maintain a positive outlook,
- Be kind to yourself and others,
- Sneeze into your elbow, and
- Remember to wash your hands... a lot!

The health record is considered a "temporary" record by the Department of Elementary and Secondary Education. This is our notice to you, the parent/guardian, to inform you that we are handing over the **only copy** to your student. This is in accordance with 603 CMR 23.06(3). We will begin giving each graduating senior, their student health record during the May graduation practice. They will sign a receipt indicating that they took possession of the record. PLEASE... remember to get it from them as this is the only copy available to them.

At commencement you wear your square-shaped mortarboards. We hope that from time to time you will let your minds be bold, and wear sombreros.

Our wish for the seniors is that graduation is the beginning of incredible things and an adulthood of surpassing happiness. Thank you for sharing your child with us.

Stay healthy!

CONGRATULATIONS!!

Kristen (AES), Carol (CES), Rita (AMS), Joanne (AHS)