

PARK RIDGE SCHOOL DISTRICT

167 Sibbald Drive
Park Ridge, NJ 07656
(201) 573-6000 Ext. 2000

Dear Parents/Guardians:

In preparation for the Camp Bernie Trip, it is suggested that a list be compiled of medications your student may need including over the counter sprays, ointments, poison ivy gels, fever reducers, etc.

All medications must have **dual permission** from both you and your pediatrician in order to be administered by the nurse. Upon request, you may obtain the necessary forms from the nurse's office.

A week before the trip, the nurse will collect individualized Ziplock bags labeled with:

Your child's name
Class
Prescriptions for each medication
Time for regularly administered medications (Daily Meds)

The nurse will then make up a complete medication schedule for the grade specifically for the daily medications.

With advanced planning, you will alleviate the possibility of forgetting something important.

Thank you for your time and effort.

Note: Please check the **expiration dates** of all medications. Asthmatic students, who have written permission from the doctor to self-medicate with inhalers, will be allowed to do so. Lastly, any student with a **cast, recent sprain or fracture** must have a note from the doctor **detailing** what activities the student is permitted to participate in.