



Arlington Heights Nursery School

*Established 1965*

## A Word (or Two) About Health Forms

For admittance to AHNS, Massachusetts state regulations require we have on file an up-to-date health form for your child, signed and dated by your child's health care provider. This is not simply a record of immunizations. The health form must include:

- The results of your child's last physical examination (within one year),
- A record of their immunizations, which must be up-to-date according to the child's age.
- The results of their lead screening, if applicable. Children need to be screened for lead paint once between nine and twelve months of age, and annually thereafter until age four.

Every preschool, camp and childcare program in Massachusetts requires the same information, so pediatrician offices typically have their own form they prefer to use to record this information (most are computerized); if however they would like us to provide a form, please let us know.

**One piece of advice:** when you get your child's health form, make a copy or two.

Many pediatrician's offices now charge a hefty fee for duplicates, and charge even more if you request a quick turnaround.

Health forms are valid for one year from the date of the exam. As a courtesy to families, we offer a written reminder when your child's form is close to expiring, and will count on you to make the required appointment with your child's physician **before** the form expires, so that we remain in compliance with state regulations.