

Dear Voorhees Parents/Guardians:

Preparing for the start of the school year can be exciting but confusing for families. To help make this transition a pleasant experience, please see the instructions below, which explain how to navigate Aspen for annual Health Form requirements and how to register for a Fall Sport or Activity.

Freshmen parents - if you did not receive the automated email to set up your parent Aspen account, please contact our database manager, Sherri DiMarcello, at sdimarcello@nhvweb.net and she will resend the information to you.

ALL PARENTS - Annual Health Forms:

Health forms must be completed annually in Aspen for every student. Log into your parent Aspen account and click on “Page Directory” on the left-hand side. Click on “Health Forms” to fill out all required health forms for the new school year. For help navigating the Health Form section in Aspen, please [click here for assistance](#)

1. Over-the-Counter Medication Form: Please answer “yes” or “no” to the administration of Tylenol, Motrin, Tums, etc. Your child will not be able to obtain these medications from the nurse for headaches, upset stomachs, cramps, etc. if this form is not completed in Aspen.

2. Emergency Contact Medical Form: Please list all contacts with correct information. Also answer “yes” or “no” to Inhaler, Epinephrine and/or Diabetes. Finally, list any allergies. This information is very important. These Aspen forms will be required in order to participate in school activities, including class trips.

BE SURE TO CLICK “FINISH” TO SUBMIT EACH FORM.

3. Special Medication Forms: ONLY REQUIRED IF THIS APPLIES TO YOUR CHILD: IF your child needs an [INHALER FORM](#), [EPI-PEN FORM](#) or [DIABETIC MANAGEMENT PLAN FORM](#) you need to have the corresponding Health forms on file with the Health Office for your child to be cleared for activities including class trips.

Incoming Freshman and New Students - Physicals:

All incoming freshmen and new students to the district must turn in a valid physical and [PPE Medical Eligibility Form](#) by August 1st to the school’s health office.

****IMPORTANT**:** [The State of New Jersey](#) has changed its requirements surrounding the need for **currently enrolled** student physicals. Beginning July 1st 2024, the Nurse’s office no longer needs your child’s full physical report for participation in athletics or after-school activities. We **MUST** receive a copy of your child’s [PPE Medical Eligibility Form](#), signed by your physician and dated within ONE YEAR OF THE START DATE for your sport in order to clear your child for participation! **This form is only needed if your child plans to participate in a sport or after-school activity during the academic school year at North, and your most recent Physical is dated AFTER July 1st, 2024.** All physicals prior to July 1st, 2024, will be grandfathered in. A PPE will be required at your next physical appointment.

How do I Register for a Fall Sport/Activity? Aspen and Registration Forms:

The North Hunterdon-Voorhees School District utilizes the platform Aspen. Aspen is a data management system that will hold all of your students academic and health information as they progress through High School. **This is also where students will sign up for all after school activities including after school sports, clubs, and intramurals.**

Aspen is now open to accept required annual health forms for the 2024-2025 school year and registration forms for Fall Sports/Activities. **Parents can register their student for Fall sports from July 8 through August 7th, 2024.**

To register your student for Fall sports or marching band, log into your parent Aspen account and click on Page Directory on the left-hand side. Click on Voorhees Sport to fill out the required sports registration forms, which are explained below. For help navigating the Voorhees Sport section in Aspen, please [click here for assistance](#).

To participate in Athletics at Voorhees, you will need to complete the following EACH Sports Season:

- 1. Complete the Consent for Athletic Participation Form** (This form is completed in the Parents Aspen account and must be completed for every sports season. [Click here for further assistance](#))
- 2. Complete the Health History Update Form** (This form is completed in the Parents Aspen account and must be completed for every sports season. [Click here for further assistance](#))
- 3. Complete the Sports Wellness Acknowledgement Form** (This form is completed in the STUDENTS Aspen account and must be completed for every sports season. Athletes will click on Page Directory on the left-hand side, then click on NH Student, and complete the Sports Wellness Acknowledgement Form. In the form, athletes will review the Sudden Cardiac Arrest pamphlet from NJ Department of Education and the Opioid Video from NJSIAA. Make sure they click Submit at the bottom of the form so the form goes through)

To participate in Athletics at Voorhees, you will need to complete the following ONCE per year:

- 1. [PPE Medical Eligibility Form](#) - ****IMPORTANT****: The State of New Jersey has changed its requirements surrounding the need for student physicals. For participation in Athletics/Activities, the Nurses office no longer needs your child's full physical report. We **MUST** receive the above [linked one page document](#) signed by your physician and dated within **ONE YEAR OF THE START DATE** for your sport in order to clear your child for participation! This form is only needed if your child's most recent Physical is dated **AFTER July 1st 2024**.
 - a. **Please understand that simply handing in your paperwork to the school does not constitute clearance. New Jersey State Law, still requires our school doctor to sign off on your PPE Medical Eligibility Form before granting clearance******
- 2. IF your child needs an [INHALER FORM](#), [EPI-PEN FORM](#) or [DIABETIC MANAGEMENT PLAN FORM](#) you need to have the corresponding Health forms on file with the Health Office for your child to be cleared for sports.**

To participate in Athletics at Voorhees, you will need to complete the following once every TWO years:

1. **ImPact Test** - The ImPact test (concussion baseline test) will be completed online. All **registered** athletes (those who have completed the Consent for Athletic Participation Form) will be sent a personalized link to their school email to complete the Impact test at home prior to the start of sports practice. Only new students or those whose test has expired will have to complete the Impact test (primarily freshmen and juniors)

If you have specific questions about registration or health forms, please visit the email the school nurses:

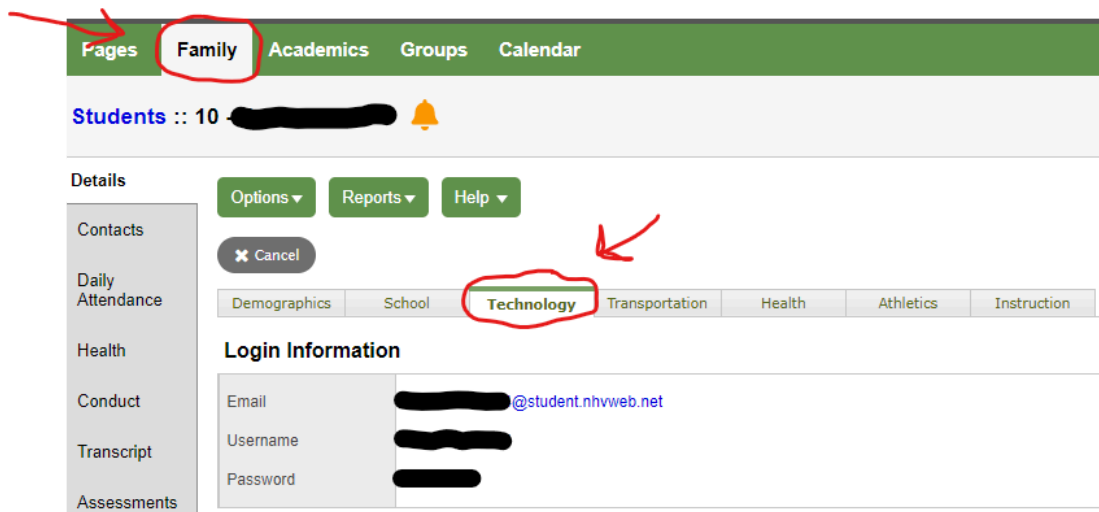
- Pat Tomczyk for students with last name A-L (ptomczyk@nhvweb.net, ext 7391)
- Melissa Frey for students with last name M-Z (mfrey@nhvweb.net, ext 7393)

What is Offered? Fall Sports and Marching Band:

The Fall sports offered at North Hunterdon High School are listed below with the names of the head coaches. Please [click here for specific information regarding fall sports](#). Any questions about Fall sports, please reach out to the head coach listed below or the VHS Athletics Office at 908-638-2107.

Freshman Aspen and School Email Accounts:

The technology department creates the student Aspen and Google email accounts for all incoming freshmen, and their login information is listed in the parent's Aspen account. Parents will find the information by logging into their parent Aspen account, clicking on the Family tab, clicking on the student's name, and then clicking on the Technology tab along the top row (see screenshot below). The email address and password listed will allow freshmen to sign into their school Gmail and Google Drive accounts – go to Gmail to sign in. To access Aspen, students will go to Aspen login page, <http://aspen.nhvweb.net/>, log in using AASP button, and then sign in through Google with their school email address and password as listed under the Technology tab.



Frequently Asked Questions:

My child is a freshman OR transfer student. What do I need to submit to the Health Office?

- You must turn in a valid [Preparticipation Physical Form](#). As per District policy, any valid physical will be accepted; i.e. out of state physical forms. The linked form is just an example that can be used by your doctor!
 - Note: ALL PARENTS must complete the annual Health Forms in ASPEN. (Over-the-Counter Medication Form, Emergency Contact Medical Form, and, if necessary the Special Medication Forms)

My child is a freshman OR transfer student AND will participate in a Fall Sport or Activity AND has a physical dated after July 1st 2024. What do I need to submit to the Health Office?

- You must turn in a valid [Preparticipation Physical Form](#) AND a [PPE Medical Eligibility Form](#)
 - Note: ALL PARENTS must complete the annual Health Forms in ASPEN. (Over-the-Counter Medication Form, Emergency Contact Medical Form, and, if necessary the Special Medication Forms)

My child is a returning student currently enrolled at Voorhees High School but will not be participating in a Fall Sport, Intramural, or Activity. What do I need to submit to the Health Office?

- No forms will need to be physically submitted to the Health Office at this time. However, ALL PARENTS must complete the annual Health Forms in ASPEN. (Over-the-Counter Medication Form, Emergency Contact Medical Form, and, if necessary the Special Medication Forms).

My child is a returning student currently enrolled at Voorhees High School AND will participate in a Fall Sport or Activity AND has a physical dated after July 1st 2024. What do I need to submit to the Health Office?

- You must turn in a valid [PPE Medical Eligibility Form](#)
 - Note: ALL PARENTS must complete the annual Health Forms in ASPEN. (Over-the-Counter Medication Form, Emergency Contact Medical Form, and, if necessary the Special Medication Forms)

I'm confused. Do I need to get a physical completed for my child yearly?

- YES! [Physicals](#) should be conducted by your child's physician yearly. The only change to this procedure is that the doctor will also fill out the [PPE Medical Eligibility Form](#) if your child plans to participate in an after-school activity or sport. The PPE Medical Eligibility Form will be the only form turned into the Health Office yearly once your child is enrolled at Voorhees High School.