



FAIRFIELD PUBLIC SCHOOLS  
FAIRFIELD LUDLOWE HIGH SCHOOL  
Fairfield, Connecticut

**BLOOD DONATION PERMISSION SLIP NEEDED if you are 17 years old**

**TO PARENTS/GUARDIANS:**

Blood helps save lives. The American Red Cross Club is hosting a blood drive on Monday, December 3rd (Day 4) at FLHS. Students 17 and older may donate blood in the state of CT.

It is hoped that this opportunity will be an enriching experience for your son or daughter, and perhaps start a lifelong habit of giving blood.

Your son or daughter would like to donate blood at the blood drive and needs your permission to do so. Please send this **SIGNED** permission form in with your son/daughter. Your son/daughter can return it to Ms Mahar in room 381, the Red Cross Club Volunteers in the cafeteria during lunch waves, or just bring it to the blood drive.

Giving blood usually takes 1 to 1.5 hours. The time your son/daughter donates blood during the blood drive is counted as an IN-SCHOOL FIELD TRIP.

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**School:** Fairfield Ludlowe High School

**Advisor:**

Ms. Mahar (Warner House) Rm 381, Biology teacher

**Date of Blood Drive:** Monday, December 3, 2018

**Sponsored by:** The FLHS Red Cross Club

**Supervised by the American Red Cross:** Students 17 years old can donate blood under the supervision of American Red Cross professionals **WITH** the signed consent of a parent or guardian on THIS permission slip. **Students 18 and older do NOT need a permission slip.**

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**TO STUDENT DONORS:** Please read the following blood donation guidelines.

**BLOOD DONOR PREPARATION GUIDELINES**

- Drink extra fluids the day before & the morning of your donation.
- Be sure to eat a nutritious breakfast before you donate.
- Do no strenuous exercise after your donation (for 8 hours).
- Avoid caffeinated beverages on the morning of your donation.
- Do not drink hot liquids, smoke, or chew gum, just prior to your blood donation.
- Wear comfortable clothing.
- Relax.

**Bring a Photo ID (required).**



# FAIRFIELD LUDLOWE BLOOD DRIVE BLOOD DONATION PERMISSION SLIP

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STUDENT'S NAME (Print) \_\_\_\_\_

STUDENT'S HOMEROOM: \_\_\_\_\_ STUDENT'S HOUSE: \_\_\_\_\_

STUDENT'S AGE, as of 12/3/2018: \_\_\_\_\_ Circle one: JUNIOR or SENIOR

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**TO THE PARENT/GUARDIAN:**

I have read the information on the reverse of this sheet, and I give permission to my son/daughter listed above to participate in the FLHS / American Red Cross Blood Drive on Monday, December 3, 2018.

**Please check one:**

- I'd prefer my son/daughter donate blood only during his/her free period/lunch.
- My son/daughter can donate blood anytime during the school day. He/she is responsible for all missed work & the time is counted as an in-school field trip.

PARENT NAME (Print): \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_ Date: \_\_\_\_\_

PARENT PHONE NUMBER: \_\_\_\_\_

(Please list a phone number where you can be reached on the day of the blood drive)

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**TO THE STUDENT:** Circle YES or NO to the following questions:

- YES NO Have you read the Red Cross height/weight requirements chart?  
 YES NO Do you meet the Red Cross height/weight requirements?  
 YES NO Have you read the BLOOD DONOR PREPARATION guidelines (on reverse)?  
 YES NO Do you have any questions/concerns about your blood donation?

Email questions: Ms. Mahar: [jmahar@fairfieldschools.org](mailto:jmahar@fairfieldschools.org)

List your top **THREE** time preferences, with a '1', '2', and '3'.

- |                                  |                                     |
|----------------------------------|-------------------------------------|
| ____ 8:00 to 8:30 (Block 1a)     | ____ 10:30 to 11:00 (HR & Block 3a) |
| ____ 8:30 to 9:00 (Block 1b)     | ____ 11:00 to 11:30 (Block 3a/3b)   |
| ____ 9:00 to 9:30 (Block 2a)     | ____ 11:30 to 12:00 (Block 3b)      |
| ____ 9:30 to 10:00 (Block 2a/2b) | ____ 12:00 to 12:30 (Block 3c)      |
| ____ 10:00 to 10:30 (Block 2b)   | ____ 12:30 to 1:00 (Block 4a)       |

**ALL ATTEMPTS WILL BE MADE TO GIVE YOU YOUR 1<sup>ST</sup> CHOICE.**

Last appointment is scheduled at 1:00 and afternoon appointments may get canceled, if the blood drive gets behind schedule.

Student's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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**SIGNED PERMISSION SLIPS can be dropped off at the red cross table by the SR. LOUNGE, in ROOM 381, or brought to the blood drive.**