

## Karen Lukacovic, RN

Dear Parent/Guardian:

If your child will be participating in middle school sports he/she is required by law to have a current sports physical. As part of healthy life skills, it is **recommended** that each student continue to see his/her regular physician for an annual physical exam. Student's entering grade 6 are required to submit updated immunizations to include Dtap and Meningitis on the first day of school. If you are unable to use your family physician/clinic for these sports physical examinations you may use our school physician. Therefore, please take careful note of the following procedures:

- Sports physical examinations may be completed by the school physician, a student's primary physician, or an accredited facility such as Complete Care or the Westfield Health Department.
- Physical examinations are valid for 365 days.
- School examinations will be held only once on at the end of the year in the health office for **STUDENTS WITHOUT A MEDICAL HOME**.
- To participate in these exams, your child may sign up in the health office or during gym in the spring. The physical will be good for the following school year.
- Prior to receiving the examination you must download the appropriate forms on the Garwood Schools website. Please **completely** fill out your child's name on each page and return to the health office prior to the physical. You may write N/A on page 2, Athlete with Special Needs if this does not pertain to your child. Incomplete forms will **NOT** be accepted.
- The student **MUST** report to the health office for a pre-physical, which includes height, weight, blood pressure, heart rate and vision screening. It is the **student's** responsibility to see the nurse for their pre-physical. Student's that have not completed the pre-physical prior to the exam will not be eligible.
- Please be aware that a complete physical includes a hernia check for boys. Please discuss this with your son if this has not previously been included in your son's physical examination.
- For families choosing to see their private physician please be sure you use all district forms. Forms should be downloaded from the Garwood Schools website.
- Once your child has been approved, an additional Health History Questionnaire and Permission form will be required prior to EACH sport season. If there has been a medical change, additional clearance may be required
- All private physician forms for fall sports are due no later than the first week of school, as the school physician must still approve the forms prior to participation in sports.
- Please note your child is not eligible to practice until the 4 page physical exam has been submitted and approved by our school MD. A signed concussion and Sudden Cardiac Death form, all additional medical clearance forms (if requested), a school permission form and permission for inhalers, epipen, or diabetic needs are submitted. Your child will need to submit the activity fee before receiving a uniform or play the first game.

If you have any questions, please contact the school nurse at 789-0331 x 2103.

Thank you for your cooperation.

Sincerely,

*Karen Lukacovic, RN Matt Burke, Athletic Coordinator*