

# Lincoln School Garwood, NJ

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. Please take careful note of the following procedures:

- Physical examinations are valid for 365 days.
- Forms should be downloaded from the Garwood Schools website.
- If your child is approved and chooses to participate in another sport, 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.
- Forms for Fall (9/6), Winter (11/14), & Spring Sports (2/21), as the school physician must approve the forms **prior** to participation in any practice/game.
- Requirements include, a school physical, 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 in the first game.
- A checklist is provided to help you navigate the forms.
- If you are unable to use your own doctor, sports physicals are also available at MedExpress, 200 US-22, Springfield, NJ for \$30, or Union County Healthcare Associates, 300 South Avenue, Garwood, NJ for \$35 (Lincoln School students only, see below, page 2)

If you have any questions, please contact the School Nurse at 789-0331 x 2103 or Mr. Burke, x2112. Thank you for your cooperation.

Sincerely,

*Karen Lukacovic, RN Matt Burke, Athletic Coordinator*



300 South Ave, Garwood, NJ 07027  
Phone : (908) 232-2273 Fax: (908) 232-1439

**Your Local Walk-In Medical Center  
No Appointment EVER Needed**



	<b>Monday - Friday</b>	<b>Saturday - Sunday</b>
<b>OPEN</b>	8:00 am – 8:00pm	8:00am – 4:00pm



Get Yours Today-

## **SCHOOL/SPORTS PHYSICALS**

ONLY...

*Coupon valid for Lincoln School (400 2<sup>nd</sup> Ave,  
Garwood, NJ 07027) students only.*

*Please bring this flyer with you at the time of your  
visit.*

**\$35**