

June 4, 2010

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Garwood Public Schools

If your child will be participating in middle school sports 2010-2011 he/she is required by law to have a current sports physical. As part of healthy life skills, it is highly recommended that each student continue to see his/her regular physician for an annual physical and vaccination review. Sports physical examinations may be completed at by the student's private physician. If you are unable to have this sport physical completed at your regular physicians office and you would like the Garwood schools medical inspector to complete the physical, please read the following directions carefully:

School physical exams were held on June 2, 2010. Any new sports physicals need to be completed by your own physician.

Procedure for Exam at Students Physician:

- Obtain forms from health office, gym office or download from the Garwood schools website (preferred method).
- Bring forms to your doctor to complete during your child's physical.
- Submit forms (part A and part B) directly to the health office. If the physical is done during the summer months please be sure that your child hands in the physical form and a health history the **first week** of school if participating in a fall sport. Our school medical inspector must still sign off on the physical BEFORE your child can participate.
- Please check that your physician has **completely** filled in ht. wt. bp. pulse, and vision. **No incomplete forms will be accepted.** It is against the law to fill in any missing information once the physician has signed the form. You will be responsible to bring the incomplete form BACK to the original physician to have it completed.
- If your child uses an inhaler or epi-pen, you will be required to submit in September the proper paperwork authorizing the use of these medicines before your child can participate. Your child will be required to have this medicine with them at all practices and games.
- If you have any questions, please contact the school nurse at 789-0331 x 2103.

Procedure for Additional Sports:

Complete Health History Update (part C) one week prior to the start of the next season.

Please see your coach, gym teacher, or school nurse, if you need a form or it can be downloaded from the [Garwood Schools Forms Page](http://www.nj.gov/njded/districts/forms.htm) or <http://www.nj.gov/njded/districts/forms.htm>