



Lighting the Way

## Our Lady of Mt. Carmel Regional School

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June 2, 2015

Dear Parent/Guardian,

NJ Department of Education requires that all students in the 6<sup>th</sup> through 12<sup>th</sup> grades who participate in interscholastic sports have a pre-participation sports physical. High schools have been requiring the physicals for many years but now all middle school students must meet this mandate. **THIS IS REQUIRED EVERY SCHOOL YEAR.**

The form can be downloaded from the school's website or you can contact my office and I will send it home.

Please fill in Part "A" Health History Questionnaire completely and sign it. Explain all "yes" answers. Your child's Health Care Provider will review it and complete Part "B". Please ensure that the Health Care Provider fills in all blanks. **Please be certain that your physician has signed off on completed cardiac Assessment Professional Development module on the last page. This is mandatory.**

Send the completed form to school before the first day of practice. **NO student will participate in any interscholastic sport without the required form.** This physical is valid for 365 days.

I know this is an additional burden in both time and expense, but it is in the best interest of your child's health and safety. Please schedule your appointment with your child's Primary Care Physician early in order to be ready for the fall.

Please call my office if you have any questions.

Thank you for your cooperation.

Molly Foody R.N.  
School Nurse