



Riverdale PUBLIC SCHOOL



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Dear Parents/Guardians,

The School Health Services Guidelines now request all physical examinations for school children to be completed at the "medical home" (private physician/nurse practitioner), of the children. The guidelines also strongly recommend that a student receive a physical at each developmental stage:

Early childhood (preschool through grade 3); Pre-adolescence (grades 4-6); Adolescence (grades 7-12)

We, currently, only require physical examination upon entrance into Riverdale School and prior to participation in interscholastic sports and intramurals.

Our school doctor, Dr. David Rasa, will be available, Tuesday, March 6th at 9:30 AM in the nurse's office, to perform physicals only on students—wishing to participate in our sports program (grades 5, 6, 7 & 8). Sports physicals are valid for 365 days from the date completed. Please keep in mind that your child's family physician has increased knowledge available to him/her regarding your child's past medical history, allowing for a more comprehensive physical examination.

Please do not hesitate to call with any questions or concerns.

Thank you,

Victoria Evans RN, BSN

Parents of students in Grades 5, 6, 7 & 8:

Please sign and return

Child's name _____ Grade _____

_____ I wish Dr. Rasa, our school physician, to perform a sports physical on my child. Please sign and return this permission form along with the Sports Physical Forms found on the nurse link of the web site.

****Dr. Rasa will not complete the physical if the forms are not filled out****

_____ My private physician will perform the physical on my child. The Sports Physical forms, found on the nurse link of the web site, are the only forms that will be accepted for a release to participate in school sports.

Parent/Guardian signature _____

Date _____