

# **MIDDLE SCHOOL HEALTH AND SPORTS INFORMATION**

\*Any student who needs to take **prescription or over the counter medication** at school must submit a completed "Authorization for the Administration of Medication" form. Students who need to carry their medication with them should also submit the "Self-Medication Release Form" in addition to the above. (Only certain medications such as Tylenol or an inhaler can be carried.) These forms must be completed by a parent and licensed Health Care Provider. A new form is required at the beginning of every school year. Medications to be administered by the Nurse must be delivered to the Health Office by an adult in the container dispensed by the pharmacy or if non prescription, in the original container.

\*New York State Education Law requires all students **entering 7<sup>th</sup> grade and all new entrants** have a physical exam by a New York State licensed Health Care Provider, no more than 12 months prior to school entrance. The physical exam **MUST** be presented to the School Nurse **within 30 days of the first day of school.**

\*Any student who sustains an injury or has a medical illness preventing or limiting their participation in Physical Education/Sports should submit a Health Care Provider note to the Nurse stating the diagnosis and the student's restrictions from participation. **A follow up note is required when the student can return to full participation.** All Health Care Provider notes should be brought to the School Nurse.

\*A student who has sustained an injury **requiring the use of crutches/cane or wheelchair** in school **MUST** present a medical note from a Health Care Provider stating the diagnosis AND the need for the use of crutches/cane or wheelchair at school.

**\*A Sport Physical Exam is required one time each school year for a student to play a sport.** This examination should be recorded on the "Garden City Public School Medical Evaluation Form" and can be completed by the School Doctor or your private Health Care Provider. A Physical exam form must be completed within 12 months prior to the particular sport in which your child will participate. Please keep in mind that the Physical Exam may not carry your child through the entire school year unless performed during the summer months by your private Health Care Provider or if your child has had a sport physical conducted by the School Physician in June. In addition, a **Green Health History Form** must be completed and signed by a parent no more than 30 days prior to start of each sport. **The green form must be completed for each and every sport a student plays. Please be aware that this is New York State Education Law and a student will not be allowed to try out and/or participate without both the Sport Physical and Green Form.** For Winter and Spring Sports, these forms should be submitted to the Health Office 30 days- 1 week **BEFORE** the Sport Season begins! **DO NOT** let your child wait until the last minute to turn in their forms when he/she risks not being cleared in time to try out!

Any questions, contact Lorraine Phillips, R.N. or Nancy Crowley, R.N. at 478-3060.