

# School Physicals

**NEW STUDENTS TO THE DISTRICT, 9<sup>TH</sup> GRADERS, 11<sup>TH</sup> GRADERS, AND ALL STUDENTS TRYING OUR FOR A SPORT NEED A VALID PHYSICAL**

School physicals are effective for 12 months from the start of the school year. To try out for a sport, the physical is valid for one year up to the end of the month the physical is dated.

For example: if school starts on September 5, 2021, a physical dated September 4, 2020 is NOT valid, but a Physical dated September 5, 2020 or later is valid for the school year.

If you are trying out for a sport, your physical must be valid on the first day you are trying out for the sport.

Your family physician is in the best position to provide the school with the most accurate, up-to-date health information. We encourage families to obtain a physical for their children from their own personal health care provider. However, we realize that in some cases, this is not always possible. Therefore, the school will provide physical exams during the school year. Contact the nurse's office for specific information and to set up an appointment (516)678-7550.