



OLD SAYBROOK PUBLIC SCHOOLS

50 Sheffield Street, Old Saybrook, Connecticut 06475-2399

Jan G. Perruccio
Superintendent of
Old Saybrook Public Schools

Amity Goss
Director of
Curriculum, Instruction, & Assessment

Julie Pendleton
Director of
Operations, Facilities, & Finance

Kathleen Bai
Director of
Pupil & Professional Services

May 2018

Dear Parents/Guardians of Student Athletes:

To ensure safety of all athletes and comply with state law, the Old Saybrook Board of Education, in consultation with our School Medical Advisor Dr. Nicholas Condulis, requires students who engage in interscholastic sports, including dance team, to have an annual physical.

If your son or daughter is intending to participate in school athletics during the 2018-2019 school year, please adhere to the following procedures:

- Each athlete must receive a physical examination performed by a legally qualified practitioner of medicine pursuant to State Law, Section 10-206.
- This physical must include the student's relevant past medical history (Part I of blue form).
- The enclosed Health Assessment Record form must be completely filled out (Parts I & II) and returned to the school nurse prior to the first practice. The form can also be uploaded to the school's online sports registration site at [FamilyID](#) where student athletes are **required** to register in order to be eligible to participate in our sports program. A physician's 'bridge' note **CANNOT** be accepted. **Your child will not be eligible to compete or practice if the completed form is not returned prior to the first try-out/practice.**
- The completed physical exam form is **due on the first day of try-outs** and is effective for one year in order to be in compliance with State established guidelines. For example, if a student has an examination dated July 1, 2017, that physical will be valid for (365 days) through June 30, 2018. Therefore, as of September 1, 2018, that physical examination will no longer be valid; and a new physical would be needed. Similarly, a physical done on January 18, 2018 will be valid through January 17, 2019.

The school nurse, in consultation with the athletic director, will review the documentation. The student's medical file will be kept in the nurse's office. The nurse will monitor the sports physical expiration date.

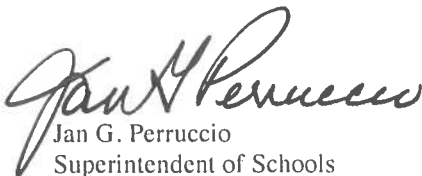
Families who are experiencing fiscal hardship, do not have insurance and cannot afford the cost of the physical examination, may contact the school nurse who will direct them to services available. School nurses may be reached at:


Middle School – 860-395-3174

High School – 860-395-3195

If you have any further questions, please contact the school nurse.

Sincerely,


Jan G. Perruccio
Superintendent of Schools


Karen van der Horst, RN
District Nursing Coordinator

Enclosure
cc: Coaches

Telephone (860) 395-3157

FAX (860) 395-3162

www.oldsaybrookschoools.org

"The mission of the Old Saybrook Public Schools is to educate and prepare students to achieve their highest aspirations, care for others and the environment, and contribute to a global society by working in partnership with families and the community, and by engaging each learner in a rigorous, personalized, and meaningful educational program."



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Old Saybrook 4 Mayo de 2018

Estimados padres madres o tutores de estudiantes atletas:

Para garantizar la seguridad de todos los atletas y cumplir con la ley estatal, la Junta de Educación de Old Saybrook, en consulta con nuestro Asesor Médico Escolar, el Dr. Nicholas Condulis, requiere que los estudiantes que participan en deportes interescolares, incluido el equipo de baile, realicen un examen físico anual.

Si su hijo o hija tiene la intención de participar en atletismo escolar durante el año lectivo 2018-2019, siga los siguientes procedimientos:

- Cada atleta debe recibir un examen físico realizado por un profesional de medicina legalmente calificado conforme a la Ley estatal, Sección 10-206.
- Este examen físico debe incluir el historial médico relevante del alumno (Parte I de la forma azul).
- El formulario adjunto de Registro de Evaluación de Salud debe completarse por completo (Partes I y II) y devolverse a la enfermera escolar antes de la primera práctica. El formulario también se puede rellenar en el sitio de inscripción deportiva en línea de la escuela en FamilyID donde se requieren atletas estudiantiles, para registrarse para ser elegido para participar en nuestro programa de deportes. NO se puede aceptar una nota de "puente" de un médico. **Su hijo no será elegido para competir o practicar si el formulario completo no se devuelve antes de la primera prueba / práctica.**
- El formulario de examen físico completo se debe entregar el primer día de pruebas y tiene una vigencia de un año para cumplir con las pautas establecidas por el estado. Por ejemplo, si un alumno tiene un examen el 1 de julio de 2017, ese examen físico será válido durante (365 días) hasta el 30 de junio de 2018. Por lo tanto, a partir del 1 de septiembre de 2018, ese examen físico ya no será válido, y se necesitaría un nuevo examen físico. De manera similar, un examen físico realizado el 18 de enero de 2018 será válido hasta el 17 de enero de 2019.

La enfermera de la escuela, en consulta con el director deportivo, revisará la documentación. El archivo médico del estudiante se mantendrá en la oficina de la enfermera. La enfermera controlará la fecha de vencimiento de los deportes o pruebas físicas.

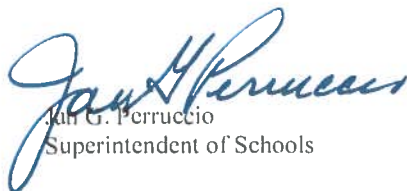
Las familias que están experimentando dificultades fiscales, no tienen seguro y no pueden pagar el costo del examen físico, pueden contactar a la enfermera de la escuela que les dirigirá a los servicios disponibles. Las enfermeras escolares pueden ser contactadas en:

Middle School - 860-395-3174

High School - 860-395-3195

Si tiene más preguntas, comuníquese con la enfermera de la escuela.

Sinceramente,



Jan G. Perruccio
Superintendent of Schools



Karen van der Horst, RN
District Nursing Coordinator

Recinto
cc: Entrenadores

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FAX (860) 395-3162

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