

Dear Parents/Guardian,

The Pennsylvania School Health Law requires all students to have a physical exam completed as they enter sixth grade. The timing of this requirement does correlate with the exciting start of a rapid growth period for the adolescent. Since your child will be entering sixth grade in the fall, I would like to bring to your attention the required state mandated examination.

Physical examinations for sixth grade students can be accepted if done after September 1, of the previous school year and before August 15 of the current year. Attached is the required state form. Please return the physical exam form to the high school health office **by August 15**.

Middle School offers many opportunities to play on the sports teams but an annual physical exam may be required to participate. Please call the Athletic director for details, timing of the exam and proper forms.

Please make your child's appointment for their physical exam promptly. Most local medical offices schedule physical exams several months in advance. If you have any concerns, questions or financial needs regarding this school health law requirement please contact me immediately. Thank you very much for your anticipated cooperation.

Sincerely,

Cindy Ogle, RN, CSN

Dear Parents or Guardian,

Welcome to Plumstead Christian School. Please help us to prepare for your child's health needs while at school by providing pertinent health information about your child using the forms provided in this packet.

1. Immunizations: Pennsylvania law requires proof of immunizations for entry into any school in the commonwealth. Please provide the school with a **written copy** of your child's immunizations, due by August 15, in the school nurse's office for review. Law allows no child to enter school on the first day without prior proof of immunizations.

2. Health History: Please fill out both sides of the health history form. A health history is important to help us meet your child's health needs at school. Please feel free to discuss with the nurse any health concerns you may have about your child; medical information is kept strictly confidential.

3. Physical and Dental Forms: All students entering school for the first time are required by law to have a physical exam, as well as a dental exam. Exams done after September 1, 2005 and before August 15, 2006 are acceptable. Please take the required state forms to your child's physician and dentist for completion. Make an appointment now as long waiting lists for exams develop at the medical offices over the summer. If you have a financial concern regarding these health exam requirements please contact the school nurse immediately. **These forms must be returned to the school nurse's office by August 15.**

A medication dispensing form is included in this packet should your child require medication during school hours. Please read over the policy carefully. All medications administered at school require both a physician's signature and a parent's signature (except for acetaminophen and ibuprofen).

Please feel free to contact the school nurse with any questions or concerns.

Sincerely,

Cindy Ogle, RN, CNS

Dear Parents/Guardians,

The Pennsylvania School Health Law requires all students to have a physical exam completed before they enter 11th grade. The timing of this requirement does correlate with the near completion of the rapid growth period of the adolescent. Since your child will be entering 11th grade in the fall I would like to bring to your attention this final state mandated examination.

Physical exams for 11th grade students can be accepted if done after September 1, 2005 and before August 15, 2006. Attached is the required state form. Please return the completed physical exam form to the school health office before **August 15**.

Please make your appointments for your child's physical exam promptly. Most local medical offices are scheduling physical exams at least several months in advance and summer appointments are at a premium. If you have any concerns, questions or financial needs regarding this school health law requirement please contact me immediately.

Helpful Hint: Student-athletes need an annual physical exam for sports done after June 1 for the fall season. The sports physical requires a different form meeting league/state requirements. These forms may be obtained from the athletic office. Also those students planning to get their driver's permit, working papers, etc. will need a physical exam on forms obtained from different state agencies. In essence one physical exam is needed but the possibility of several different forms (from different state agencies) may be needed at the time of your doctor's appointment.

Thank you very much for your anticipated cooperation.

Sincerely,

Mrs. Cindy Ogle, RN, CSN

Dear Parents/Guardians,

The Pennsylvania School Health Law requires **all students to have a dental exam before they enter third grade**. The timing of this exam correlates with the period of dental maturing in your child. Children this age usually have lost several “baby” teeth and are now in the process of “growing” new larger permanent teeth.

Dental examinations for incoming third grade students can be accepted if done after September 1, 2005 and before August 15, 2006.

Attached is the required state dental form. **Please return the dental exam form to the Peace Valley health room before August 15**. If you have any concerns, questions or need financial assistance to meet this requirement please call me immediately. Thank very much for your anticipated cooperation.

Sincerely,

Cindy Ogle RN, CSN

Dear Parents/Guardians,

The Pennsylvania School Health Law requires all students to have a dental exam before they enter seventh grade. The timing of this exam correlates with the period of dental maturing in your child. Children this age usually have completed the process of obtaining most of their permanent teeth. This is the last dental exam required by the school health law. A physical exam will be required as your child enters 11th grade.

Dental examinations for incoming seventh grade students can be accepted if done after September 1, 2005 and before August 15, 2006.

Attached is the required state dental form. **Please return the dental exam form to the high school health office before August 15.** If you have any questions, concerns or need financial assistance to meet this school health law requirement please call me immediately. Thank you very much for your anticipated cooperation.

Sincerely,

Cindy Ogle RN, CSN