



Stanhope Public School District

HEALTH OFFICE
24 Valley Road
Stanhope, NJ 07874

973-347-0008
www.stanhopeschools.org

Alicia Finklea-DiCataldo
Principal

Steven T. Hagemann
Superintendent

Debi LeBrun
Business Administrator/Board Secretary

Dear Parent/Guardian,

Each candidate for a school athletic team MUST undergo a physical examination within 365 days PRIOR to the first practice session of that team. Physicals must be submitted on The State of New Jersey forms, all of which can be found on our website. (Pursuant to N.J.A.C. 6A:16-2.2).

- Preparticipation Physical Evaluation History Form and/or The Athlete With Special Needs Supplemental History Form is to be completed by parent/guardian prior to the physician's visit. Bring the form(s) with you for the physician to reviews.
- Your medical doctor will review, then complete, the Physical Exam Form.
- Based upon the findings of the physical the physician will complete the Clearance Form and state whether or not, the student is eligible to participate in any of the sports offered here at Valley Road School.
- Any student whose physical examination was completed more than 90 days prior to the first practice session of that team, MUST have a Health History Update Questionnaire completed and signed by a Parent/Guardian and submitted to the school nurse.

I hereby authorize the school nurse to release to the respective sport coach of Valley Road School, such information as she/he believes to be relevant to maintain the health and safety of my child.

Parent/Guardian Signature: _____ Date: _____

Pursuant to N.J.S.A. 18A:40-41(d) school districts must distribute the "Sudden Cardiac Death In Young Athletes" pamphlet to each student and their parent/guardian, participating in school athletics as part of the students pre-participation physical. Using the sign-off sheet, the student and his/her parent/guardian then MUST certify in writing, that they received and reviewed the pamphlet. The completed sign-off sheet MUST be returned to the School Nurse with the history and physical before the student can play ANY sport.

Yours in Health,

Jessica Frank BSN, RN, CSN
Valley Road School, School Nurse