

SETON CATHOLIC SCHOOL HEALTH OFFICE

To: New Students and Parents

Re: Fall sports, 2019

Welcome to Seton! If you are planning to participate in any Fall sport, you will need to complete the following:

1. **Physical Exam:** You will need to have a physical exam completed prior to the start of the season. A copy of a physical completed within the past year (no older than August 1, 2018) is acceptable. **Please note that physicals from out of state or out of country are not acceptable in New York State.** School physicals will be offered to new students by appointment only on Monday morning, August 19th in the nurse's office. Physicals will be done by our District Medical Director, Laurie Eamer, FNP. Please call or email the nurse as soon as possible if you need to schedule an appointment for a school physical.
2. **Screenings:** You must have screenings (height, weight, blood pressure, heart rate, vision and hearing) completed by the school nurse prior to starting practice. If you are having a school physical done, we will do the screenings when you come in at that time. If you are having a physical with your private Health Care Provider, you can come to the nurse's office on any date/time listed on the attached schedule.
3. **Medications:** If you carry an inhaler or have an EpiPen or other emergency medications, the enclosed self-medication form must be completed by your physician and signed by your parent. This doctor's order MUST be on file with the nurse's office prior to the start of sports.
4. **Additional forms:** These forms can be picked up in the health office or in the main office.
 - a. **Concussion Information:** Review the Concussion Information Sheet. Please keep it for your reference, but sign and return the attached signature sheet.
 - b. **Medical History Evaluation:** Comprehensive medical history (also referred to as the "NCR" form)
 - c. **Health/Medical History:** Interval medical history

Please complete and bring all of the above items to the school nurse during one of the August clearance dates.

****PARENTS: PLEASE NOTE THAT IF YOUR CHILD HAS HAD A RECENT SERIOUS INJURY, ILLNESS OR SURGERY, THE NURSE MUST HAVE A WRITTEN RELEASE FROM HIS/HER PHYSICIAN IN ORDER TO PARTICIPATE IN SPORTS. PLEASE BRING THIS RELEASE WITH YOU WHEN YOU COME IN FOR YOUR CLEARANCE IN AUGUST.**

If you have any questions, please feel free to contact me at the number or email address below. If you choose to call, please leave your name, number, and a brief message and your call will be returned as soon as possible.

Thank you,

Seton Catholic Health Services

Phone: (518) 561-4031

Fax: (518) 563-1193