

MATTLIN MIDDLE SCHOOL

HEALTH OFFICE

Dear Parent/Guardian:

Your child will be entering the seventh grade this fall, & New York State Education Law requires all seventh grade students to submit a physical exam by October 1, 2015. This **must include your child's body mass index (BMI) and weight status category entered by the examining physician.** Many students will soon be going to their physician for annual or camp physicals, and this will probably be the best time to ask him/her to complete the district's physical examination assessment form. PLEASE RETURN THE FORM TO THE HEALTH OFFICE AS SOON AS IT IS COMPLETED. This form can be found on the POB website.

The form your physician completes will be valid for **one year** from the date it is completed, and will be used to meet the district's sport physical requirement as well. It will not be necessary to have a new physical for each new sport your child joins. The required physical can be scheduled and completed by our school physician if you are not able to arrange an appointment with your child's personal physician.

Your cooperation is appreciated! Please feel free to call me at 516 434-3253 if you have any questions or wish to use our school physician.

Sincerely,

Lenore Shalom, R.N.
School Nurse