

Bainbridge-Guilford Central School District
18 Juliard Street – Bainbridge, New York 13733

Health Examination Requirements

Dear Parents/Guardians,

New York State law requires a health examination for all students within 30 days of **entering the school district for the first time and when entering Pre-K or K, 1st, 3rd, 5th, 7th, 9th, and 11th grade**. At this time, we have not received a copy of your child’s physical exam. The examination must be completed by a New York State licensed physician, physician assistant or nurse practitioner. It is suggested that the exam be done by the family physician, who best knows the child. The family physician is better able to judge any change or deviation in the child’s state of health. Findings can be discussed, and referrals can be made all in one visit. However, for your convenience, our District’s Medical Directors through Lourdes Health Services can provide this exam at school at no cost. School officials must provide written notification to you, of the districts intent to provide a health appraisal of your child at school, by the district medical director if we have not received a copy of, or scheduled documentation of a health examination **within 30 days of this notice**. The examination may include:

- Review of Health History
- Heads, eyes, ears, nose, throat, neck and lymph nodes
- Examination of heart and lungs
- Strength and range of motion of arms and legs
- Scoliosis (any curvature of the spine)
- Any bony abnormality or injury

These recommendations are based on New York State Health Department requirements and from a collaborative effort of American Academy of Family Physicians, American Academy of Pediatrics, American Medical Society for Sports Medicine, and American Osteopathic Academy of Sports Medicine.

In all cases where a copy of the physical exam is not provided, the school nurse working alongside the medical director will proceed with a health appraisal per New York State Guidelines. We will also accept documentation, from their provider, of an appointment for when the physical will be completed.

To help you prepare for the upcoming school year, we have enclosed an example of our health appraisal form. Thank you!

Student Name

Signature Parent/Guardian