

HAMDEN SCHOOL HEALTH SERVICES
Notice of Required Tenth Grade Physical

In keeping with the State law, Hamden Board of Education requires that **each student in 10th Grade** obtain a complete health assessment. The health assessment must have been performed between May 1st of 9th Grade and May 1st of 10th Grade.

The health assessment must be recorded on the Connecticut State Form (HAR-3), which is available from your child's health care provider, the school nurse's office, on-line at <https://portal.ct.gov/-/media/SDE/School-Nursing/Forms/HAR3.pdf> or on the Hamden High School website under Athletics. Side one must be completed and signed by the parent; and side two must be completed and signed by the health care provider performing the physical.

If a completed health form is not received by the end of this school year, your child will not be allowed to re-enter school at the start of the following school year.

If your child is eligible for free or reduced price school lunch or milk, you may request a health assessment in school by contacting the school nurse at (203) 407-2040, extension 5000.

If your child is a member of Hamden High's School Based Health Center you may contact them directly at (203) 248-6107 to schedule an appointment.

Any student interested in participating in sports (including tryouts) at Hamden High School, must have a yearly physical. The physical is good for thirteen months and must cover the student for the entire season. Please keep this in mind when scheduling your child's physical, as it would be best to have the physical done sometime between late May and early July to ensure complete coverage for the sport in which your child may be participating.