



Newmark Education Parent Alert

August 26, 2024

Reminder! 2024-25 School Year: Newmark Sports Physical Requirements

Dear Newmark Parents,

Newmark Middle School and Newmark High School requires all students participating in athletic activities for the next school year (2024-25) to have completed forms on file in the school nurse's office before a student can participate in any practice or competition.

New NJDOE Requirements for 2024-25: Parents will only need to return the Sports Physical Medical Eligibility School Form to the school nurse. The Sports Physical Form will be maintained by the healthcare provider completing the physical exam.

2024-25 SPORTS ACTIVITIES

- **Newmark High School:** Soccer, Cross Country, Winter Track, Spring Track
- **Newmark Middle School:** Basketball

2024-25 SPORTS PHYSICAL FORMS* - Required if participating in sports

If your Newmark student plans to participate in any sports for the new 2024-25 School Year, the forms below must be completed prior to participating in any practice or game. All forms can also be found on the school [website](#):

- **Updated!** [Sports Physical - Preparticipation Physical Evaluation Medical Eligibility Form](#) - required (return to school)
- **Updated!** [Sports Physical - Preparticipation Physical Evaluation History Form](#) (completed and maintained by your doctor)
- [Concussion Form](#) - required (return to school)
- [Sudden Cardiac Death in Young Athletes Fact Sheet](#)
- [Sudden Cardiac Death Sign Off Sheet](#) - required (return to school)
- [Opioid Use and Misuse Educational Fact Sheet](#)
- [Opioid Use & Misuse Parent Consent Form](#) - required (return to school)
- **Updated!** [Health History Update Form](#) – required if student participates in multiple sport activities during the school year (ex. If high school student plays soccer in the fall and then wants to participate in Spring Track)

Sports physicals are usually done at the same time as an annual visit. Summer pediatric appointments book up fast, so now is a good time to schedule your child's annual examination and sports physical (if your child will participate in any Newmark sports). Remember to download and bring a copy of the required Sports Forms with you to the appointment for the doctor to fill out and sign. This year, parents need to only return the Medical Eligibility School Form. The Sports Physical Form will be maintained by the healthcare provider completing the physical exam.

Completed forms should be submitted to the nurse's office at the beginning of the school year in September. Students can bring the forms into school, email to ecarroll@newmarkeducation.com or mail to:

Newmark Schools
1000 Cellar Avenue
Scotch Plains, NJ 07076
Attn: School Nurse

Note: If your child's next physical is not scheduled until later in the school year and they want to participate in a fall sport, please contact me directly.

We appreciate your cooperation. For specific Sports Physical questions, please contact me at 908-753-0330 or ecarroll@newmarkeducation.com

Sincerely,

Mrs. Eileen Carroll, School Nurse

cc: Dr. Regina M. Peter, Executive Director
Ms. Cynthia Allman, Executive Director
Ms. Gina M. Borea, Principal

Newmark Education
1000 Cellar Avenue, Scotch Plains, NJ 07076
908-753-0330 info@newmarkeducation.com

