

RSU #63

- a. **NEPN/NSBA Code:** JLCA
- b. **Title:** Physical Examinations
- c. **Author:** Superintendent/School Nurse
- d. **Replaces Policy:**
- e. **Date Approved:** 08/22/2016 RSU 63
- f. **Previously Approved:** 03/27/2006
- g. **Policy Expiration:** Review as Needed
- h. **Responsible for Review:** Superintendent, Principals, School Nurse, & Policy Committee
- i. **Date Reviewed:** 08/09/2016 Superintendent
08/09/2016
- j. **References:** 20-A MRSA 6451-6453
20 U.S.C. Ch. 1232 h (c)
- k. **Narrative:**

The RSU 63 School Board is aware of the relationship between student health and academic success. Recognizing that parents/guardians bear the major responsibility for attending to the health needs of their students, the Board also has an interest in the well-being of its students. To that end, the Board adopts the following requirements.

I. Physical Examinations and Screenings

- a. Parents/guardians will be encouraged to have their students physically examined prior to entering school annually and then every other year starting at Grade 5.
- b. Vision, hearing, and scoliosis screenings will be conducted as required by Maine law. Parents will be notified of any suspected health problems identified through screenings.
- c. School staff are encouraged to be alert to the general well-being of students and should refer any concerns to the principal or school nurse.

II. Participation in Athletics

- a. Students who wish to participate in middle school athletics are required to have a physical examination and medial approval before doing so. A physical examination prior to participation is considered valid for a period of 2 years. Parents must complete Part A of the Sports Participation Physical Form. Part B must be completed by a health care provider. The Interim Health Report must be completed for the second year so that there is a current update on the health status of the student. Thereafter, students participating in athletics must have a physical examination on a schedule recommended by their health care provider, but not less frequently than once every two (2) years. A student will not be allowed to participate in practice or

competition without the required physical examination and medical approval. RSU 63 may provide the opportunity to have an annual sports physical at the Holbrook Middle School. The physician/physician's assistant (PA) may charge a nominal fee for this service.

III. Parental Consent

Parent/guardian consent shall be required for physical examinations if given by the school contract physician/PA or under the auspices of RSU 63.

Parents/guardians shall be notified annually and have the opportunity to opt the student out of any non-emergency, invasive, physical examination or screening that is:

- a. Required as a condition of attendance.
- b. Administered by S.A.D. #63 and scheduled by the school in advance.
- c. Not necessary to protect the immediate health and safety of the student, or of other students.

For the purpose of this policy, "invasive physical examination" means any medical examination that involves incision, insertion, or injection into the body.