

# Regional School District #18

## Student Health Requirements for the 2026-2027 School Year

### **Physical Exams:**

The State and local Board of Education require a physical exam for students in every year of preschool, kindergarten, grade 6, grade 9, and for all new registrants.

Preschool students must use the **State of Connecticut Department of Education's Early Childhood Health Assessment Record** (ED 191), available for download here:

[https://portal.ct.gov/-/media/sde/school-nursing/forms/early\\_childhood\\_health\\_assessment\\_form.pdf](https://portal.ct.gov/-/media/sde/school-nursing/forms/early_childhood_health_assessment_form.pdf)

Students in kindergarten, grade 6, grade 9, and new registrants must use the **State of Connecticut Department of Education's Health Assessment Record** (HAR-3), available for download here:

[https://portal.ct.gov/-/media/sde/school-nursing/forms/health\\_assessment\\_record.pdf](https://portal.ct.gov/-/media/sde/school-nursing/forms/health_assessment_record.pdf)

Health assessments must be completed by a licensed physician, an advanced practice registered nurse (licensed in CT under chapter 378), a physician assistant (licensed in CT under chapter 370), a school medical advisor, or any of these professionals if they are stationed at a military base. All mandatory screening items are marked with an asterisk (\*) and must be completed by the healthcare provider. These include hemoglobin/hematocrit levels and lead screening for all preschoolers. The front page (Part 1) must be completed by the parent/guardian, and includes a release of information.

Physical exams with up-to-date, state-mandated immunizations are required at the following times:

- Preschool: completed within 1 year prior to the first day of school, and again annually while enrolled in preschool.
- Kindergarten: completed within 1 year prior to the first day of school.
- 6th grade: completed between June 1st of grade 5 and before starting grade 7.
- 9th grade: completed between June 1st of grade 8 and before starting grade 10.
- New registrants transferring into the District:
  - From within the United States: must submit a recent physical exam from the previous school that addresses the screening items required by District #18.
  - From outside the United States: completed within 1 year prior to the first day of school by a U.S. licensed healthcare provider, tuberculosis testing shall be completed for individuals from countries with an elevated TB rate.

Students who wish to participate in interscholastic athletics must provide a physical examination completed within the 13 months prior to joining the team. Students are not permitted to practice or compete until this requirement is met. Students in grades 6 & 9 may use a **State of Connecticut Department of Education Health Assessment Record (HAR-3)**. All others may use a **Regional School District #18 Sports Physical Examination Form**, available for download here:

[http://www.region18.org/uploaded/forms/Sports\\_Physical\\_Exam\\_Form.pdf](http://www.region18.org/uploaded/forms/Sports_Physical_Exam_Form.pdf)

### **Immunizations:**

State regulations require students to be immunized according to current Connecticut Department of Public Health (DPH) requirements. Immunization requirements for enrolled students in Connecticut schools may be found here:

<https://portal.ct.gov/dph/-/media/dph/dph-2025/immunization/provider-page/pdfs/school-nurses/school-requirements/2026-immunization-requirements-for-enrolled-students-in-connecticut-schools.pdf?rev=3488c1e1a9244180b7ca413955e83323>

**Proof of all mandated immunizations must be submitted to and reviewed by the school nurse prior to the student's first day of school.**

### **Medical Exemptions for Immunizations:**

All medical exemptions issued on or after July 1, 2021 must be entered in the Connecticut Department of Public Health web-based portal by the child's healthcare provider. Providers will print a copy of the exemption from the portal and give it to the parent/guardian, who should then provide a copy to the school nurse. Medical exemption status may be temporary or permanent. If a temporary medical exemption is not updated beyond its expiration date, the student may be excluded from school until either an updated form from the portal is received or the required vaccine dose is administered.