



Important Information for **Freshmen and Transfer Students**

NYS Health Requirements for School Attendance and Athletics

1. **Physical Exam** - Students are required to submit a physical dated within the last 12 months. The proper form can be found [HERE](#).

For Student-Athletes - If your son plays sports, their physical must be dated **less than 12 months old** from the start of the sports season. Students with expired physicals will not be eligible to participate until an updated examination is received.

2. **Health History Form** - Complete the Health History Form [HERE](#) and include all current medical conditions, allergies, medications, and health concerns that may affect your son during the school day. Accurate information helps us support your son's health and safety at school.
3. **Vaccination Record** - A complete record with all required vaccines is mandatory for all students. Call the pediatrician to verify that vaccines are up to date.

ALL FORMS DUE BY AUGUST 15

Medication Requirements for Students with Health Conditions

- If your son has a chronic health condition such as **diabetes, food allergies, asthma, migraine headaches, or another medical concern**, he may need emergency medication available during the school day.
- Students **may not** carry or keep medication at school without proper documentation. If your son needs to **self-carry emergency medication**, a completed **Self-Carry Form** from his doctor is required. If medication will be kept in the Health Office, a doctor's note and parent/guardian signature are required.

Forms can be submitted via:

- Email: nurse@sjci.com
- In-Person: Drop off a copy at the Main Office
- Mail: Send a copy to St. Joseph's Collegiate Institute, Attn: Health Office

**Health forms and valuable health-related information are available on our website.*