



Harbor Country Day School

June 2026

Dear Parents,

All students who attend Harbor Country Day School are required to have annual proof of a physical health examination completed on file in the Health Office. This physical examination provides a clearance for the child to participate in Physical Education classes for students in grades Kindergarten through fourth grade. Students in fifth through eighth grade must have a completed Sports Physical on file.

The School Nurse will review the physical examination documents by late August and prior to the first day of school. You will be notified if additional clearances are required. Please make an appointment with your doctor as soon as possible, as there is often a long wait for these appointments.

If Harbor has a copy of your child's last physical on file, and it is dated less than one year from the start of school, he/she does NOT need to submit a new copy. If you visit the doctor and your child receives any NEW immunizations during the summer, please send in only the updated immunization record.

If your child's annual physical examination is scheduled for after the start of the school year, it must be completed no later than within one year of the previous examination. In addition, new forms will need to be completed at that time.

Students will also not be permitted to go on any field trips until they have a 2026-2027 physical (dated within one year of the start of school).

Thank you for your cooperation in this matter. Please call me if you have any questions or concerns.

Please Note: **ALL NEW PHYSICAL EXAMINATION/IMMUNIZATION DOCUMENTS ARE DUE BACK TO SCHOOL BY AUGUST 3, 2026.**

Sincerely,

Nancy Busa, R.N.
School Nurse
Harbor Country Day School

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