



May 25, 2023

Fri. 26 END OF THIRD TRIMESTER
LAST DAY OF SCHOOL DISMISSAL 9:00 (ISH)



Fri. 16 LAST DAY TO ORDER SCHOOL SUPPLY KITS

HEALTH RECORD FORMS ARE INCLUDED IN THIS POSTING.

GRADES PS3/PK4

Completed Child Health Examination

Grade K

Completed Child Health Examination

Completed Dental Form

Completed Vision Form (Must be completed by an ophthalmologist or optometrist)

Grade 2

Completed Dental Form

Grade 6

Completed Child Health Examination

Completed Dental

GRADES 5/7/8

Completed Sports Physical for all athletes

Grades 5/6/7/8

Completed concussion and athletic signature forms for all athletes
Due before first practice.

ENJOY YOUR SUMMER VACATION



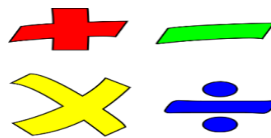
HAVE FUN IN THE SUN!



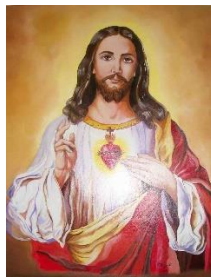
BE SURE TO READ A FEW GOOD BOOKS!



PRACTICE YOUR MATH FACTS!!!



SPEND TIME WITH JESUS!!



*Thank you for another wonderful year at SJB.
Have a fun and safe summer vacation.
We will see you in August!*

St. John the Baptist Catholic School Preliminary 2023-2024 Calendar Highlights

The first day of attendance for students is Wednesday, August 16 with dismissal at 11:30 AM. Christmas break begins with 11:30 AM dismissal on Thursday, December 21, and classes will resume on Tuesday, January 9. Spring break is Monday, March 25 – Friday, March 29. Classes resume on Tuesday, April 2 following Easter Monday on April 1. The last day of school is tentatively scheduled for Friday, May 24. Should we have any emergency closings, our days will be made up on May 28, May 29, May 30, May 31, and June 3.

2023-2024 School Calendar Highlights

| <u>Day</u> | <u>Date</u> | <u>Event</u> |
|--------------------|---------------------------|--|
| Wednesday | August 16 | First Day of School (1/2 Day AM) |
| Monday | September 4 | No School – Labor Day |
| Friday | October 6 | Teacher Institute Day (No School for Students) |
| Monday | October 9 | No School - Columbus Day |
| Tuesday | October 31 | 11:30 AM dismissal – Teacher Inservice |
| Tuesday & Thursday | November 14 & November 16 | Parent/ Teacher Conferences (4:00 – 8:00 PM) |
| Monday – Friday | November 20-24 | Thanksgiving Break |
| Monday | November 27 | Classes Resume following Thanksgiving Break |
| Thursday | December 21 | 11:30 AM dismissal - Christmas Break Begins |
| Monday | January 8 | Teacher Institute Day (No School for Students) |
| Tuesday | January 9 | Classes Resume following Christmas Break |
| Monday | January 15 | No School – MLK Birthday |
| Wednesday | February 14 | 11:30 AM dismissal – Teacher Inservice |
| Friday | February 16 | Teacher Institute Day (No School for Students) |
| Monday | February 19 | No School – Presidents’ Day |
| Friday | March 1 | Teacher Institute Day (No School for Students) |
| Monday –Friday | March 25-March 29 | Spring Break |
| Monday | April 1 | Easter Monday |
| Tuesday | April 2 | Classes Resume following Easter Monday |
| Friday | April 26 | Teacher Institute (No School for Students) |
| Thursday | May 16 | Tentative Graduation Mass/ Awards Breakfast & Graduation |
| Friday | May 17 | Last Day of Preschool |
| Friday | May 24 | Tentative Last Day of School |

Please note the following Wednesday 1:30 PM Early Release Days which will be used for teacher professional development: 9/20, 10/18, 11/15, 3/20, and 5/15. After Care is not available on Early Release and 11:30 AM dismissal days.

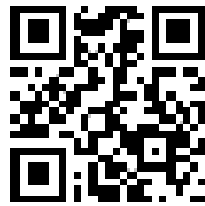
**SCHOOL SUPPLY KITS
ONLINE ORDERS (ONLY)**

NOW AVAILABLE

PLEASE VISIT

www.shopttkits.com

Use Account# 71757



**IF USING ABOVE
QR CODE,
YOU WILL NEED SCHOOL ACCT#**

**ONLINE ORDERS ONLY
NO PAPER ORDERS AVAILABLE
ORDERS DUE 6-16-23**

**KITS WILL BE ON STUDENT'S DESK
ON THE 1ST DAY OF SCHOOL**



State of Illinois Certificate of Child Health Examination

| | | | | | | | |
|-----------------------|--------|--------|----------|------------------------|--------------------|-----------------------|--------------------------------|
| Student's Name | | | | Birth Date | Sex | Race/Ethnicity | School /Grade Level/ID# |
| Last | First | Middle | | Month/Day/Year | | | |
| Address | | | | Parent/Guardian | Telephone # | Home | Work |
| Address | Street | City | Zip Code | | | | |

IMMUNIZATIONS: To be completed by health care provider. The mo/da/yr for every dose administered is required. If a specific vaccine is medically contraindicated, a separate written statement must be attached by the health care provider responsible for completing the health examination explaining the medical reason for the contraindication.

| REQUIRED Vaccine / Dose | DOSE 1 | | | DOSE 2 | | | DOSE 3 | | | DOSE 4 | | | DOSE 5 | | | DOSE 6 | | |
|---|---|----|----|---|----|----|---|----|----|---|----|----|---|----|----|---|----|----|
| | MO | DA | YR | MO | DA | YR | MO | DA | YR | MO | DA | YR | MO | DA | YR | MO | DA | YR |
| DTP or DTaP | | | | | | | | | | | | | | | | | | |
| Tdap; Td or Pediatric DT (Check specific type) | <input type="checkbox"/> Tdap <input type="checkbox"/> Td <input type="checkbox"/> DT | | | <input type="checkbox"/> Tdap <input type="checkbox"/> Td <input type="checkbox"/> DT | | | <input type="checkbox"/> Tdap <input type="checkbox"/> Td <input type="checkbox"/> DT | | | <input type="checkbox"/> Tdap <input type="checkbox"/> Td <input type="checkbox"/> DT | | | <input type="checkbox"/> Tdap <input type="checkbox"/> Td <input type="checkbox"/> DT | | | <input type="checkbox"/> Tdap <input type="checkbox"/> Td <input type="checkbox"/> DT | | |
| Polio (Check specific type) | <input type="checkbox"/> IPV <input type="checkbox"/> OPV | | | <input type="checkbox"/> IPV <input type="checkbox"/> OPV | | | <input type="checkbox"/> IPV <input type="checkbox"/> OPV | | | <input type="checkbox"/> IPV <input type="checkbox"/> OPV | | | <input type="checkbox"/> IPV <input type="checkbox"/> OPV | | | <input type="checkbox"/> IPV <input type="checkbox"/> OPV | | |
| Hib Haemophilus influenza type b | | | | | | | | | | | | | | | | | | |
| Pneumococcal Conjugate | | | | | | | | | | | | | | | | | | |
| Hepatitis B | | | | | | | | | | | | | | | | | | |
| MMR Measles Mumps. Rubella | | | | | | | | | | | | | | | | | | |
| Varicella (Chickenpox) | | | | | | | | | | | | | | | | | | |
| Meningococcal conjugate (MCV4) | | | | | | | | | | | | | | | | | | |
| RECOMMENDED, BUT NOT REQUIRED Vaccine / Dose | | | | | | | | | | | | | | | | | | |
| Hepatitis A | | | | | | | | | | | | | | | | | | |
| HPV | | | | | | | | | | | | | | | | | | |
| Influenza | | | | | | | | | | | | | | | | | | |
| Other: Specify Immunization Administered/Dates | | | | | | | | | | | | | | | | | | |

Comments:

Health care provider (MD, DO, APN, PA, school health professional, health official) verifying above immunization history must sign below. If adding dates to the above immunization history section, put your initials by date(s) and sign here.

| | | |
|------------------|--------------|-------------|
| Signature | Title | Date |
| Signature | Title | Date |

ALTERNATIVE PROOF OF IMMUNITY

1. Clinical diagnosis (measles, mumps, hepatitis B) is allowed when verified by physician and supported with lab confirmation. Attach copy of lab result.
 *MEASLES (Rubeola) MO DA YR **MUMPS MO DA YR HEPATITIS B MO DA YR VARICELLA MO DA YR

2. History of varicella (chickenpox) disease is acceptable if verified by health care provider, school health professional or health official.
 Person signing below verifies that the parent/guardian's description of varicella disease history is indicative of past infection and is accepting such history as documentation of disease.

| | | |
|------------------------|------------------|--------------|
| Date of Disease | Signature | Title |
|------------------------|------------------|--------------|

3. Laboratory Evidence of Immunity (check one) Measles* Mumps Rubella Varicella Attach copy of lab result.**
 *All measles cases diagnosed on or after July 1, 2002, must be confirmed by laboratory evidence.
 **All mumps cases diagnosed on or after July 1, 2013, must be confirmed by laboratory evidence.

Completion of Alternatives 1 or 3 MUST be accompanied by Labs & Physician Signature: _____
 Physician Statements of Immunity MUST be submitted to IDPH for review.

Certificates of Religious Exemption to Immunizations or Physician Medical Statements of Medical Contraindication Are Reviewed and Maintained by the School Authority.

| | | | | | | |
|------|-------|--------|-------------------------------|-----|--------|-----------------|
| Last | First | Middle | Birth Date Month/Day/ Year | Sex | School | Grade Level/ ID |
|------|-------|--------|-------------------------------|-----|--------|-----------------|

HEALTH HISTORY TO BE COMPLETED AND SIGNED BY PARENT/GUARDIAN AND VERIFIED BY HEALTH CARE PROVIDER

| | | | | | |
|--|-----------|-------|--|------------|--|
| ALLERGIES (Food, drug, insect, other) | Yes No | List: | MEDICATION (Prescribed or taken on a regular basis.) | Yes No | List: |
| Diagnosis of asthma? | Yes No | | Loss of function of one of paired organs? (eye/ear/kidney/testicle) | Yes No | |
| Child wakes during night coughing? | Yes No | | Hospitalizations? When? What for? | Yes No | |
| Birth defects? | Yes No | | Surgery? (List all.) When? What for? | Yes No | |
| Developmental delay? | Yes No | | Serious injury or illness? | Yes No | |
| Blood disorders? Hemophilia, Sickle Cell, Other? Explain. | Yes No | | TB skin test positive (past/present)? | Yes* No | *If yes, refer to local health department. |
| Diabetes? | Yes No | | TB disease (past or present)? | Yes* No | |
| Head injury/Concussion/Passed out? | Yes No | | Tobacco use (type, frequency)? | Yes No | |
| Seizures? What are they like? | Yes No | | Alcohol/Drug use? | Yes No | |
| Heart problem/Shortness of breath? | Yes No | | Family history of sudden death before age 50? (Cause?) | Yes No | |
| Heart murmur/High blood pressure? | Yes No | | Dental <input type="checkbox"/> Braces <input type="checkbox"/> Bridge <input type="checkbox"/> Plate <input type="checkbox"/> Other | | |
| Dizziness or chest pain with exercise? | Yes No | | Information may be shared with appropriate personnel for health and educational purposes. | | |
| Eye/Vision problems? _____ Glasses <input type="checkbox"/> Contacts <input type="checkbox"/> Last exam by eye doctor _____ Other concerns? (crossed eye, drooping lids, squinting, difficulty reading) | | | Parent/Guardian Signature Date | | |
| Ear/Hearing problems? | Yes No | | | | |
| Bone/Joint problem/injury/scoliosis? | Yes No | | | | |

PHYSICAL EXAMINATION REQUIREMENTS Entire section below to be completed by MD/DO/APN/PA
HEAD CIRCUMFERENCE if <2-3 years old HEIGHT WEIGHT BMI B/P

DIABETES SCREENING (NOT REQUIRED FOR DAY CARE) BMI>85% age/sex Yes No And any two of the following: **Family History** Yes No
Ethnic Minority Yes No **Signs of Insulin Resistance** (hypertension, dyslipidemia, polycystic ovarian syndrome, acanthosis nigricans) Yes No **At Risk** Yes No

LEAD RISK QUESTIONNAIRE: Required for children age 6 months through 6 years enrolled in licensed or public school operated day care, preschool, nursery school and/or kindergarten. (Blood test required if resides in Chicago or high risk zip code.)

Questionnaire Administered? Yes No **Blood Test Indicated?** Yes No **Blood Test Date** _____ **Result** _____

TB SKIN OR BLOOD TEST Recommended only for children in high-risk groups including children immunosuppressed due to HIV infection or other conditions, frequent travel to or born in high prevalence countries or those exposed to adults in high-risk categories. See CDC guidelines. http://www.cdc.gov/tb/publications/factsheets/testing/TB_testing.htm
No test needed **Test performed** **Skin Test: Date Read** / / **Result: Positive** **Negative** **mm** _____
Blood Test: Date Reported / / **Result: Positive** **Negative** **Value** _____

| LAB TESTS (Recommended) | Date | Results | Date | Results |
|--------------------------|------|---------|------|------------------------------|
| Hemoglobin or Hematocrit | | | | Sickle Cell (when indicated) |
| Urinalysis | | | | Developmental Screening Tool |

| SYSTEM REVIEW | Normal | Comments/Follow-up/Needs | Normal | Comments/Follow-up/Needs |
|--|--------|--|--------------------|--------------------------|
| Skin | | | Endocrine | |
| Ears | | Screening Result: | Gastrointestinal | |
| Eyes | | Screening Result: | Genito-Urinary | LMP |
| Nose | | | Neurological | |
| Throat | | | Musculoskeletal | |
| Mouth/Dental | | | Spinal Exam | |
| Cardiovascular/HTN | | | Nutritional status | |
| Respiratory | | <input type="checkbox"/> Diagnosis of Asthma | Mental Health | |
| Currently Prescribed Asthma Medication: <input type="checkbox"/> Quick-relief medication (e.g. Short Acting Beta Agonist) <input type="checkbox"/> Controller medication (e.g. inhaled corticosteroid) | | | Other | |

NEEDS/MODIFICATIONS required in the school setting **DIETARY** Needs/Restrictions

SPECIAL INSTRUCTIONS/DEVICES e.g. safety glasses, glass eye, chest protector for arrhythmia, pacemaker, prosthetic device, dental bridge, false teeth, athletic support/cup

MENTAL HEALTH/OTHER Is there anything else the school should know about this student?
If you would like to discuss this student's health with school or school health personnel, check title: Nurse Teacher Counselor Principal

EMERGENCY ACTION needed while at school due to child's health condition (e.g., seizures, asthma, insect sting, food, peanut allergy, bleeding problem, diabetes, heart problem)?
Yes **No** If yes, please describe.

On the basis of the examination on this day, I approve this child's participation in _____ (If No or Modified please attach explanation.)
PHYSICAL EDUCATION Yes No **Modified** **INTERSCHOLASTIC SPORTS** Yes No **Modified**

Print Name _____ (MD,DO, APN, PA) **Signature** _____ **Date** _____
Address _____ **Phone** _____



PROOF OF SCHOOL DENTAL EXAMINATION FORM

Illinois law (Child Health Examination Code, 77 Ill. Adm. Code 665) states all children in kindergarten, second, sixth, and ninth grades of any public, private, or parochial school shall have a dental examination. The examination must have taken place within 18 months prior to May 15 of the school year. A licensed dentist must complete the examination, sign, and date this Proof of School Dental Examination Form. If you are unable to get this required examination for your child, fill out a separate Dental Examination Waiver Form.

This important examination will let you know if there are any dental problems that require attention by a dentist. Children need good oral health to speak with confidence, express themselves, be healthy, and ready to learn. Poor oral health has been related to lower school performance, poor social relationships, and less success later in life. For this reason, we thank you for making this contribution to the health and well-being of your child.

To be completed by the parent or guardian (please print)

| | | | |
|---|------------|--------------|------------------------------|
| Student's Name: Last | First | Middle | Birth Date: (Month/Day/Year) |
| Address: Street | City | | ZIP Code |
| Name of School: | ZIP Code | Grade Level: | |
| Parent or Guardian: Last Name | First Name | | |
| Select from the below general racial category which most clearly reflects the student's recognition of his or her community or with which the student most identifies. <input type="checkbox"/> White <input type="checkbox"/> Black or African American <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Asian <input type="checkbox"/> American Indian or Alaska Native <input type="checkbox"/> Native Hawaiian or Pacific Islander <input type="checkbox"/> Two or More Races | | | |

To be completed by dentist

Date of Most Recent Examination: _____ (Check all services provided at this examination date)
 Dental Cleaning
 Sealant
 Fluoride treatment
 Restoration of teeth due to caries

Oral Health Status

Yes No **Dental Sealants Present on Permanent Molars**

Yes No **Caries Experience / Restoration History** — A filling (temporary/permanent) OR a tooth that is missing because it was extracted as a result of caries OR missing permanent 1st molars.

Yes No **Untreated Caries** — At least 1/2 mm of tooth structure loss at the enamel surface. Brown to dark-brown coloration of the walls of the lesion. These criteria apply to pit and fissure cavitated lesions as well as those on smooth tooth surfaces. If retained root, assume that the whole tooth was destroyed by caries. Broken or chipped teeth, plus teeth with temporary fillings, are considered sound unless a cavitated lesion is also present.

Yes No **Urgent Treatment** — abscess, nerve exposure, advanced disease state, signs or symptoms that include pain, infection, or swelling.

Treatment Needs (check all that apply). Please list appointment date or date of most recent treatment completion date.

- | | |
|---|----------------------------------|
| <input type="checkbox"/> Restorative Care — amalgams, composites, crowns, etc. | Appointment Date: _____ |
| <input type="checkbox"/> Preventive Care — sealants, fluoride treatment, prophylaxis | Appointment Date: _____ |
| <input type="checkbox"/> Pediatric Dentist Referral Recommended | Treatment Completion Date: _____ |

Dental Office Address: _____ Office phone number: _____

Signature of Dentist _____ Date _____



Illinois law requires that proof of an eye examination by an optometrist or physician (such as an ophthalmologist) who provides eye examinations be submitted to the school no later than October 15 of the year the child is first enrolled or as required by the school for other children. The examination must be completed within one year prior to the first day of the school year the child enters the Illinois school system for the first time. The parent of any child who is unable to obtain an examination must submit a waiver form to the school.

Student Name _____
(Last) (First) (Middle Initial)

Birth Date _____ Gender _____ Grade _____
(Month/Day/Year)

Parent or Guardian _____
(Last) (First)

Phone _____
(Area Code)

Address _____
(Number) (Street) (City) (ZIP Code)

County _____

To Be Completed By Examining Doctor

Case History

Date of exam _____

Ocular history: Normal or Positive for _____

Medical history: Normal or Positive for _____

Drug allergies: NKDA or Allergic to _____

Other information _____

Examination

| | Distance | | | Near |
|------------------------------|----------|------|------|------|
| | Right | Left | Both | Both |
| Uncorrected visual acuity | 20/ | 20/ | 20/ | 20/ |
| Best corrected visual acuity | 20/ | 20/ | 20/ | 20/ |

Was refraction performed with dilation? Yes No

| | Normal | Abnormal | Not Able to Assess | Comments |
|--|--------------------------|--------------------------|--------------------------|----------|
| External exam (lids, lashes, cornea, etc.) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Internal exam (vitreous, lens, fundus, etc.) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Pupillary reflex (pupils) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Binocular function (stereopsis) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Accommodation and vergence | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Color vision | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Glaucoma evaluation | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Oculomotor assessment | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Other _____ | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | _____ |

NOTE: "Not Able to Assess" refers to the inability of the child to complete the test, not the inability of the doctor to provide the test.

Diagnosis

Normal Myopia Hyperopia Astigmatism Strabismus Amblyopia

Other _____



Recommendations

- 1. Corrective lenses: No Yes, glasses or contacts should be worn for:
 - Constant wear Near vision Far vision
 - May be removed for physical education

- 2. Preferential seating recommended: No Yes

Comments _____

- 3. Recommend re-examination: 3 months 6 months 12 months
- Other _____

4. _____

5. _____

Print name _____
Optometrist or physician (such as an ophthalmologist)
who provided the eye examination MD OD DO

License Number _____

Address _____

Phone _____

Consent of Parent or Guardian

I agree to release the above information on my child or ward to appropriate school or health authorities.

(Parent or Guardian's Signature)

(Date)

Signature _____

Date _____

(Source: Amended at 32 Ill. Reg. _____, effective _____)



Pre-participation Examination



To be completed by athlete or parent prior to examination.

Name _____ School Year _____
Last First Middle

Address _____ City/State _____

Phone No. _____ Birthdate _____ Age _____ Class _____ Student ID No. _____

Parent's Name _____ Phone No. _____

Address _____ City/State _____

HISTORY FORM

Medicines and Allergies: Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking

Do you have any allergies? Yes No If yes, please identify specific allergy below.
 Medicines Pollens Food Stinging Insects

Explain "Yes" answers below. Circle questions you don't know the answers to.

| GENERAL QUESTIONS | Yes | No |
|--|-----|----|
| 1. Has a doctor ever denied or restricted your participation in sports for any reason? | | |
| 2. Do you have any ongoing medical conditions? If so, please identify below: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections Other: _____ | | |
| 3. Have you ever spent the night in the hospital? | | |
| 4. Have you ever had surgery? | | |
| HEART HEALTH QUESTIONS ABOUT YOU | Yes | No |
| 5. Have you ever passed out or nearly passed out DURING or AFTER exercise? | | |
| 6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise? | | |
| 7. Does your heart ever race or skip beats (irregular beats) during exercise? | | |
| 8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: <input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection <input type="checkbox"/> Kawasaki disease Other: _____ | | |
| 9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram) | | |
| 10. Do you get lightheaded or feel more short of breath than expected during exercise? | | |
| 11. Have you ever had an unexplained seizure? | | |
| 12. Do you get more tired or short of breath more quickly than your friends during exercise? | | |
| HEART HEALTH QUESTIONS ABOUT YOUR FAMILY | Yes | No |
| 13. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)? | | |
| 14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia? | | |
| 15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator? | | |
| 16. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning? | | |
| BONE AND JOINT QUESTIONS | Yes | No |
| 17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game? | | |
| 18. Have you ever had any broken or fractured bones or dislocated joints? | | |
| 19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches? | | |
| 20. Have you ever had a stress fracture? | | |
| 21. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism) | | |
| 22. Do you regularly use a brace, orthotics, or other assistive device? | | |
| 23. Do you have a bone, muscle, or joint injury that bothers you? | | |
| 24. Do any of your joints become painful, swollen, feel warm, or look red? | | |
| 25. Do you have any history of juvenile arthritis or connective tissue disease? | | |

| MEDICAL QUESTIONS | Yes | No |
|---|-----|----|
| 26. Do you cough, wheeze, or have difficulty breathing during or after exercise? | | |
| 27. Have you ever used an inhaler or taken asthma medicine? | | |
| 28. Is there anyone in your family who has asthma? | | |
| 29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ? | | |
| 30. Do you have groin pain or a painful bulge or hernia in the groin area? | | |
| 31. Have you had infectious mononucleosis (mono) within the last month? | | |
| 32. Do you have any rashes, pressure sores, or other skin problems? | | |
| 33. Have you had a herpes or MRSA skin infection? | | |
| 34. Have you ever had a head injury or concussion? | | |
| 35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems? | | |
| 36. Do you have a history of seizure disorder? | | |
| 37. Do you have headaches with exercise? | | |
| 38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling? | | |
| 39. Have you ever been unable to move your arms or legs after being hit or falling? | | |
| 40. Have you ever become ill while exercising in the heat? | | |
| 41. Do you get frequent muscle cramps when exercising? | | |
| 42. Do you or someone in your family have sickle cell trait or disease? | | |
| 43. Have you had any problems with your eyes or vision? | | |
| 44. Have you had any eye injuries? | | |
| 45. Do you wear glasses or contact lenses? | | |
| 46. Do you wear protective eyewear, such as goggles or a face shield? | | |
| 47. Do you worry about your weight? | | |
| 48. Are you trying to or has anyone recommended that you gain or lose weight? | | |
| 49. Are you on a special diet or do you avoid certain types of foods? | | |
| 50. Have you ever had an eating disorder? | | |
| 51. Have you or any family member or relative been diagnosed with cancer? | | |
| 52. Do you have any concerns that you would like to discuss with a doctor? | | |
| FEMALES ONLY | Yes | No |
| 53. Have you ever had a menstrual period? | | |
| 54. How old were you when you had your first menstrual period? | | |
| 55. How many periods have you had in the last 12 months? | | |

Explain "yes" answers here

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete _____

Signature of parent/guardian _____

Date _____



Pre-participation Examination



PHYSICAL EXAMINATION FORM

Name _____

Last

First

Middle

| EXAMINATION | | |
|---|--------------|--|
| Height _____ | Weight _____ | <input type="checkbox"/> Male <input type="checkbox"/> Female |
| BP _____ / _____ (_____ / _____) | Pulse _____ | Vision R 20/ _____ L 20/ _____ Corrected <input type="checkbox"/> Y <input type="checkbox"/> N |
| MEDICAL | NORMAL | ABNORMAL FINDINGS |
| Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency) | | |
| Eyes/ears/nose/throat • Pupils equal • Hearing | | |
| Lymph nodes | | |
| Heart ^a • Murmurs (auscultation standing, supine, +/- Valsalva) • Location of point of maximal impulse (PMI) | | |
| Pulses • Simultaneous femoral and radial pulses | | |
| Lungs | | |
| Abdomen | | |
| Genitourinary (males only) ^b | | |
| Skin • HSV, lesions suggestive of MRSA, tinea corporis | | |
| Neurologic ^c | | |
| MUSCULOSKELETAL | | |
| Neck | | |
| Back | | |
| Shoulder/arm | | |
| Elbow/forearm | | |
| Wrist/hand/fingers | | |
| Hip/thigh | | |
| Knee | | |
| Leg/Ankle | | |
| Foot/toes | | |
| Functional • Duck-walk, single leg hop | | |

^aConsider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam.

^bConsider GU exam if in private setting. Having third party present is recommended.

^cConsider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

On the basis of the examination on this day, I approve this child's participation in interscholastic sports for 395 days from this date.

Yes _____ No _____ Limited _____ Examination Date _____

Additional Comments:

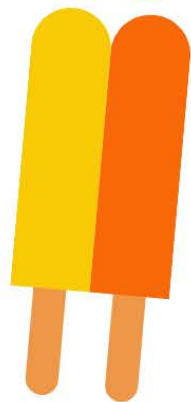
Physician's Signature _____ Physician's Name _____

Physician's Assistant Signature* _____ PA's Name _____

Advanced Nurse Practitioner's Signature* _____ ANP's Name _____

*effective January 2003, the IHSA Board of Directors approved a recommendation, consistent with the Illinois School Code, that allows Physician's Assistants or Advanced Nurse Practitioners to sign off on physicals.

Popsicle Park Play Dates



Come have a popsicle and play at the park, while meeting new preschool and kindergarten friends and their families! Siblings welcome!

When:

June 11th 1-2pm

July 22nd 9-10am

★ August 11th 10-11am

Where: East End Park

os275 East St, Winfield



Questions contact
Karen Reed

kreed@sjbwinfield.org