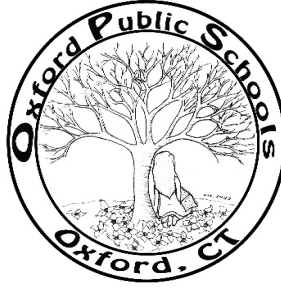


**Amy Cote**  
Chair of the Board of Education

**Ana V. Ortiz**  
Superintendent of Schools



**Oxford School District**  
1 Great Hill Rd  
Oxford, CT 06478  
(203) 888-7754 Fax (203) 888-5955

Dear Parents,

One of the most important documents we receive in School Nursing is the HAR-health assessment record (Blue Form). State law requires that all students entering 7<sup>th</sup> grade have physical assessments. These assessments serve to document adequate immunizations and any health issues that may impact your child while they attend school. We are making a few clarifications to our policy to help parents schedule their physicals in order to get these forms in on time.

**\*NOTE: We have changed the mandated physical assessment from 6<sup>th</sup> to 7<sup>th</sup> grade to coincide with required 7<sup>th</sup> grade immunizations as of 2016.**

#### **All 6<sup>th</sup> graders 2016-17**

\*A completed HAR-health assessment record is due in the nurse's office no later than December of 7<sup>th</sup> grade.

\*This physical exam must be dated between **Jan 1, 2017 and December 31<sup>st</sup>, 2017** to be valid.

\*The front of HAR form must be **completed** and **signed** by a parent/guardian.

\*The second page must have all \*asterisks areas completed including height, weight, blood pressure, gross dental, postural, vision, hearing, speech and HCT/HGB. The chronic disease section must also be completed and the form must be signed and dated by your physician. Forms that are incomplete will be returned for completion.

\*Immunizations can be written in or an electronic copy can be attached to the HAR.

#### **Sports physicals**

Please note: **ALL** students participating in a middle school or high school sports **MUST** have a physical **EVERY YEAR**. This physical is required to be in the nurse's office **prior to the first day** of team practice/try outs. The HAR (blue form) also serves as a sports physical form. Physicals must be dated within 13 months of the start of practice/try outs and cannot expire during the sport's season.

#### **Helpful hints:**

\*Schedule your child's physical early. MD offices get very busy in the summer.

\*Always copy your child's physical on all sides and keep a copy. Offices often charge a fee for additional forms.

\*Many local offices will NOT fax this form. Be prepared to have the HAR (blue form) with you at your appointment. Forms can also be downloaded on the District web site.

Enclosed you will find the HAR (blue form) that you will need to bring to your physical appointment. Please do not hesitate to contact me with any questions,

Shelley Blake RN  
GOMS Health Office  
203-888-5418  
blakes@oxfordpublicschools.org.