

WALTHAM PUBLIC SCHOOLS HEALTH OFFICE DISTRICT PROCEDURE FOR PHYSICAL EXAMINATIONS

A periodic physical examination is critically important for all children and adolescents, and especially for those who do not have primary care providers. The physical examination is crucial for preventative, diagnostic or corrective purposes. **It is recommended that each time your child has a physical exam, that a copy be submitted to your school nurse to keep the school health record current.**

Massachusetts General Law c.71, s.57 and related amendments and regulations (**105CMR 200.000**) require physical examinations of school children within one year prior to entrance to school or within 30 days after entry, and at intervals of either three to four years thereafter. A student transferred from another school system shall be examined as an entering student.

For athletes, physical examinations are required every 13 months before participating in competitive sports. NOTE: should a physical exam expire, even if it is mid-season, the athlete is no longer eligible to play until a current physical exam has been submitted (MIAA regulation). In addition, physical examinations are required for children between 14 and 16 years of age requesting work permits, and when specifically requested by parents and teachers.

The Waltham Public School District Procedure: Parents/guardians must submit written physician's documentation of their child's physical at these intervals or their child will be excluded from school until such documentation is provided. Parents/guardians of these children will be notified of the physical examinations requirement via mailings, newsletters or by telephone well in advance of the exclusion date.

The School Health program encourages the performance of the health assessment by the student's primary care provider, but will, however, provide exams to those students who do not have health insurance. The School Committee is required to provide the services of a school physician to carry out physical exams in children who do not have access to a primary care provider (**105CMR 200.200**). The school nurses will make every effort to link a child with a primary care provider and to enroll the child in a health insurance program. Public health insurance programs, such as MassHealth, make it possible for all children to have access to health care.