



LOWER CAPE MAY REGIONAL HIGH SCHOOL

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Dear Parent or Guardian,

Greetings from the nurse's office at Lower Cape May Regional High School. We are excited that your child will be joining us. In order to make the transition to our school as smooth as possible, there is some information that we need.

1. A **current immunization record** must be provided, and any additional vaccines that are required must be obtained within 30 days of starting school.
2. Please complete a **"Health History" form**.
3. A **recent physical** must be provided. New Jersey state law requires that you provide a copy of your child's most recent physical exam within 30 days of entering the new school district. This document must be completed by the student's primary care doctor and turned in to the school.

- If your child has not had a physical exam within the last year, please contact your child's primary care doctor to schedule an appointment.
- If your child has received a physical exam within the last year, please obtain a copy of his or her most recent physical and drop it off to the front office at the high school during summer hours or send it in with your child on the 1st day of school.

Future Student Athletes: If there is any chance that your child will want to participate in a school sport next year, please note that their physical exam must be filled out specifically on the New Jersey state physical form. These forms are required by New Jersey State law and can be found on our school website at <https://lcmrschooldistrict.com/nurse-lcmr>. Please print them, or pick up from our front office, and bring them to your child's doctor's appointment. Once these documents are completed, please hand them in to the school nurse and further instructions for online sports registration will be given. By turning in your child's physical during the summer months, you may avoid delay in starting the sports season.

If you have any questions or you do not have health insurance, please contact my office at 609-884-3475 ext. 247 for assistance. We are looking forward to a fun, safe, and healthy school year!

Thank You,

Ashley Robinson, RN, BSN