

Required Health Forms for school year 2010-2011

Health History, Physical Examination, and Tuberculosis Screening

Students entering **Grades 6 and 9** are required to submit completed ***Health History*** and ***Physical Examination*** forms by August 16, 2010. These forms will be included in the June report card mailing but may be downloaded from the Web site if needed. Making photocopies of all completed forms for your personal records is advisable before submitting the original documents. Forms may be mailed or turned into the Academic Office. All forms are due by August 16, 2010 but may be submitted at any time before that date. Please note that the school offices are closed from July 24 to August 15 and forms may **not** be submitted **in person** between those dates - sending them by mail at that time is fine.

The ***Health History*** form, completed by the parents, includes general health information, allergy information, and immunization history. Please answer all the questions on the form. You may attach a photocopy of the immunization record in English or Japanese if you wish.

The ***Physical Examination*** form, completed by your physician, consists of a general review of body systems. Please take this opportunity to discuss your child's immunization record and to update any missing or outdated immunizations such as measles, mumps, rubella, chickenpox, Hepatitis B, and tetanus.

Screening for tuberculosis is required for all new and returning **6th grade students**. Please answer all the questions on the ***Tuberculosis Screening*** form and give the form to your physician at the time of the physical examination. If your physician determines that risk factors for TB are present, he will perform the tuberculosis skin test (PPD) or chest x-ray. If your child has no risk factors, as determined by your physician, further testing is not indicated. The ***Tuberculosis Screening*** form has been translated into Japanese for your convenience. Please return the ***Tuberculosis Screening*** form to school along with the other health forms by August 16, 2010

Students going into **9th grade** are not required to do the ***Tuberculosis Screening*** portion of the ***Physical Examination*** form.

Permission to Administer Prescription Medication

Students requiring **regular administration** of prescription medication during the school day must submit this form signed by the prescribing physician and a parent.

Sports Physicals

Students in **grades 7, 8, 10, 11, and 12** who are planning to participate in cocurricular sports are required to submit a completed ***Sports Physical*** each year. The ***Sports Physical*** must be turned into the Academic Office before participation in any practice session, including tryout practices. ***Sports Physicals*** are valid for one year from the date they were completed. Participants in spring sports should take care to complete their physical after June 1.

Students may review their immunization records during the ***Sports Physical*** and receive any missing or outdated immunizations such as measles, rubella, chickenpox, hepatitis B, and tetanus. For **seniors**, a current tetanus booster (within 10 years) is required for participation in the senior ministry trip.

Students in Grades 6 and 9 who are completing the ***Physical Examination*** form do not need to do a separate ***Sports Physical***.

If you have questions about these forms, please contact Ruth Spalink at rspalink@caj.or.jp

All forms may be downloaded from the health/insurance section on this page:
<<http://community.caj.or.jp/policiesandforms.php>>.