



Welcome to the OHS Health Office

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Mandated Physicals Examinations (10th Grade): Required on all tenth grade students along with updated immunizations in order to be in compliance with Connecticut State law. The State of Connecticut HAR form is required prior to the first day of 11th grade. Page 1 is completed and signed by the parent and Page 2 is completed (all asterisked areas and screenings) by a legally qualified practitioner of medicine. Incomplete or unsigned forms will be returned for completion.

Please note: Sports physicals will not be accepted in lieu of the mandated form (HAR).

Mandated Sports Examinations: Required YEARLY for all students participating in sports. The HAR can also be used as a sports physical form with Page 2 completed by a legally qualified practitioner of medicine. Sports physicals are due to the school nurse for review 2 weeks (10 business days) prior to the first day of tryouts and/or practice. The date of the physical cannot be older than 13 months from the first day of practice and/or tryouts and must be updated if it expires during the season. Parents must complete the sports sign-up on Family ID and the nurse will forward all approved physicals to the athletic director prior to a student being placed on a roster.

Mandatory Health Screenings: Revisions to the Oxford Board of Education policy in July 2015 require the following screenings while in high school: Postural (Scoliosis): **Grade 9 male students ONLY.** Parents will have the option to have their child excluded, in writing.

Medication Administration: Connecticut State law requires a physician's written order and parent/guardian written permission for the administration of ALL medications, including over the counter medications to students. Students may not self-carry any medications without prior written consent from the nurse and your physician. Please contact the Health Office to discuss your child's needs.

Other Important Information:

- If your child has a fever of **100.0 or more**, they should not return to OHS until they have been **fever free x24 hours without the aid of fever reducers.**
- If your child has any of the following symptoms: Diarrhea/Vomiting, they **should not return to OHS** until the symptoms have been absent x24 hours.
- Please report all CONGAGIOUS illnesses to the Health Office as soon as possible.
- All necessary forms are available for print under the FORMS TAB of the Health Office Webpage.