

## SCHOOL PHYSICAL EXAMINATIONS

### **HEALTH APPRAISAL INFORMED CONSENT LETTER** **PLEASE READ THIS IF YOU WANT AN EXAM DONE IN SCHOOL**

Dear Parent/Guardian:

If you would like to have your child's health appraisal (physical examination) done in school, please:

- Read this letter and sign below
- Complete the attached Interval Health History form
- Return this signed letter along with the completed Interval Health History form to your school nurse at the school your child attends

The Board of Education encourages you to use your private health care provider for all required school physical examinations for optimal continuity of care. If you need financial assistance, the school nurse can provide you with information on low-cost providers in the area. Should you choose instead to have a health appraisal done by the school-appointed physician in school, it will be scheduled at a time convenient to the district. Most parents do not choose to attend school exams, but if you wish to be in attendance, please notify the school nurse. Otherwise, be advised of how the appraisal will be conducted in your absence.

Your child may be asked to disrobe underclothing. Please know that every effort is made to preserve dignity and privacy. First the physician conducts a mini-interview for history. The interview includes age appropriate questions that explore physical and psycho-social areas of concern. For example, younger children may be asked about their worries or their sense of personal safety in school and at home. Older students may be asked about substance use, sexual activity, eating issues, and mental health concerns. These are age appropriate questions identified by the American Medical Association and the American Academy of Pediatrics. However, they are private questions, and we want to be sure you and your child understand the nature of our questions. If there is concern that a student is engaging in activities that are immediately self-injurious, you will be notified without delay. Less urgent concerns are referred back to appropriate school personnel to address according to the school's routine methods of dealing with potential problems.

Next, the physical screening examination is done. The exam includes a head-to-toe screening of all major organ systems, including breasts/pubic area for girls and hernia/testicles for boys. The examiner will touch your child. Because this is an intimate screening exam, we ask that you discuss in detail with your child whether they are comfortable having the exam conducted in school. **Please do not ask the school to conduct this exam unless you seek your own child's permission and understanding of the nature of the exam.** Because school examinations are only screening exams, and school providers may not diagnose or prescribe in a school setting, you will be advised of any areas of concern found on examination that require further evaluation by your own provider.

Please remember that this exam is not meant to take the place of your child's yearly well child visit with his/her own health care provider. Vaccinations will not be administered during this physical examination.

Sincerely,

Jeff Wheaton  
Director of Health, Physical Education & Athletics

I give permission to have my child interviewed and examined by the school-appointed physician as scheduled at the convenience of the school. I have read the information on school physical examinations, answered the health history questions, **and have advised my child of my decision.**

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Please Print Your Name \_\_\_\_\_ Phone \_\_\_\_\_