St. Cloud Area School District 742
Prepare. Engage. Educate. Empower. Inspire.

District Administration Office
1201 South Second Street
Waite Park, MN 56387

P 320-370-8000
F 320-370-8093
www.isd742.org

To: Parents/Guardians

From: Nursing Services

Re: Entrance into 7th Grade

- Physical examinations are recommended for all incoming 7th grade students or any students who are new to St. Cloud School District 742 Area Schools. Please take the enclosed physical examination form with you at the time of examination for the physician/health care provider to complete. Please fill in the information at the top of the form prior to the appointment.
- Please note: Any student who participates in athletic programs must have the Minnesota State High School League sports physical exam document or a sports physical document from the clinic in the school's health office. Sports physicals must be renewed every three years.
- Area physicians/health care providers have requested appointments for physical examinations be made in the spring or early summer as the clinics become very busy during the later summer months.
- Minnesota state law requires all 7th grade students to have two Measles, Mumps, Rubella (MMR), a Diphtheria-Tetanus, Pertussis (Tdap) booster, a series of three Hepatitis B immunizations, and two Varicella immunizations or history of chickenpox disease. Meningococcal vaccines have been added as an immunization requirement for 7th grade students. ***These requirements can be waived for children with medical contraindications or parents whose conscientiously held beliefs are opposed to immunizations. If you are requesting an exemption, please use the Student Immunization Form (Section 1B) to document your child's status. You must check the box of the immunizations your child is to be exempt from and the form must be notarized.***
- **This immunization and physical form need to be returned to your child's school by AUGUST 15th.** Clinic generated physicals and immunization records are accepted

Please call the school nurse if you have further questions and/or information that you would like to discuss.

Thank you,

St. Cloud Area School District 742 Nursing Department

Instructions: Complete section 1 to document a medical or non-medical exemption, section 2 to verify history of varicella disease, and section 3 to consent to share immunization information.

Name_____

1. Document a medical and/or non-medical exemption (A and/or B).
Place an X in the box to indicate a medical or non-medical exemption. If there are exemptions to more than one vaccine, mark each vaccine with an X.

Vaccine	Medical Exemption	Non-Medical Exemption
Diphtheria, Tetanus, and Pertussis		
Polio		
Measles, Mumps, Rubella		
Haemophilus influenzae type b		
Chickenpox (varicella)		
Pneumococcal		
Hepatitis A		
Hepatitis B		
Meningococcal		

A. Medical exemption: By my signature below, I confirm that this child should not receive the vaccines marked with an X in the table for medical reasons (contraindications) or because there is laboratory confirmation that they are already immune.

Signature:_____ Date:_____
(of health care practitioner*)

B. Non-medical exemption: A child is not required to have an immunization that is against their parent or guardian's beliefs. However, choosing not to vaccinate may put the health or life of your child or others they come in contact with at risk. Unvaccinated children who are exposed to a vaccine-preventable disease may be required to stay home from child care, school, and other activities in order to protect them and others.

By my signature, I confirm that this child will not receive the vaccines marked with an X in the table because of my beliefs. I am aware that my child may be required to stay home from child care, school, and other activities if exposed.

Signature:_____ Date:_____
(of parent or guardian in presence of notary)

Non-medical exemptions must also be signed and stamped by a notary:

This document was acknowledged before me

on _____ (date)

by _____
(name of parent or guardian)

Notary Signature:

Notary Stamp

STATE OF MINNESOTA, COUNTY OF

2. History of chickenpox (varicella) disease. This child had chickenpox in the month and year_____

My signature below means that I confirm that this child does not need chickenpox vaccine because:

☐ I am a health care practitioner and this child was previously diagnosed with chickenpox or the parent provided a description that indicates this child had chickenpox in the past.

☐ I am the parent or guardian and this child had chickenpox on or before September 1, 2010.

Signature:_____ Date:_____
(of health care practitioner*, representative of a public clinic, or parent/guardian). Parent can sign if chickenpox occurred before September 2010.

*Health care practitioner is defined as a licensed physician, nurse practitioner, or physician assistant.

3. Consent to share immunization information: This school is asking for permission to share your child's immunization record with Minnesota's immunization information system. Giving your permission will:

- Provide easier access for you and your school to check immunization records, such as at school entry each year.
- Support your school in helping to protect students by knowing who may be vulnerable to disease based on their immunization record. This can be important during a disease outbreak.

Under Minnesota law, all the information you provide is private and can only be released to those authorized to receive it. Signing this section of the form is optional. If you choose not to sign, it will not affect the health or educational services your child receives.

I agree to allow my child's school to share my child's immunization documentation with Minnesota's immunization information system:

Signature:_____ Date:_____
(of parent/guardian)

COPY THIS PAGE for the student to return to the school. KEEP the complete document in the student's medical record.

2023-2024 SPORTS QUALIFYING PHYSICAL EXAMINATION MEDICAL ELIGIBILITY FORM

Minnesota State High School League

Student Name: _____ Birth Date: _____
Address: _____
Home Telephone: _____ - _____ - _____ Mobile Telephone _____ - _____ - _____
School: _____ Grade: _____

I certify that the above student has been medically evaluated and is deemed medically eligible to: (Check Only One Box)

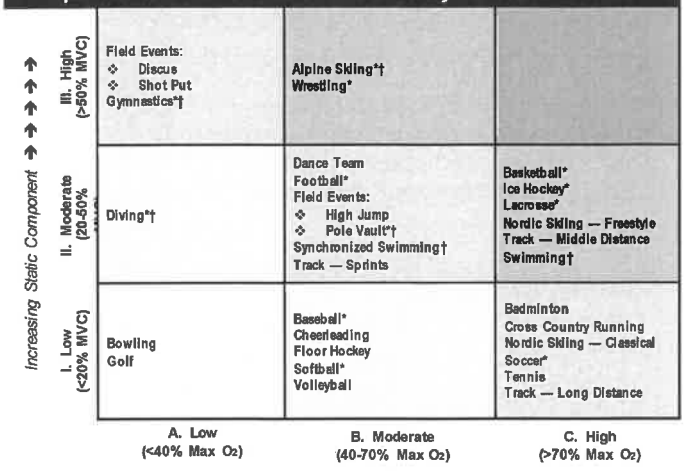
☐ **(1) Participate in all school interscholastic activities without restrictions.**
☐ **(2) Participate in any activity not crossed out below.**

Sport Classification Based on Contact		
Collision Contact Sports	**Limited Contact Sports**	**Non-contact Sports**
Basketball Cheerleading Diving Football Gymnastics Ice Hockey Lacrosse Alpine Skiing Soccer Wrestling	Baseball Field Events: ❖ High Jump ❖ Pole Vault Floor Hockey Nordic Skiing Softball Volleyball	Badminton Bowling Cross Country Running Dance Team Field Events: ❖ Discus ❖ Shot Put Golf Swimming Tennis Track

☐ **(3) Requires additional evaluation before a final recommendation can be made.**
Additional recommendations for the school or parents:
_____
_____

☐ **(4) Not medically eligible for:** ☐ **All Sports** ☐ **Specific Sports**
Specify _____

Sport Classification Based on Intensity & Strenuousness



Sport Classification Based on Intensity & Strenuousness: This classification is based on peak static and dynamic components achieved during competition. It should be noted, however, that higher values may be reached during training. The increasing dynamic component is defined in terms of the estimated percent of maximal oxygen uptake ($MaxO_2$) achieved and results in an increasing cardiac output. The increasing static component is related to the estimated percent of maximal voluntary contraction (MVC) reached and results in an increasing blood pressure load. The lowest total cardiovascular demands (cardiac output and blood pressure) are shown in lightest shading and the highest in darkest shading. The graduated shading in between depicts low moderate, moderate, and high moderate total cardiovascular demands. *Danger of bodily collision. †Increased risk if syncope occurs. Reprinted with permission from: Maron BJ, Zipes DP. 36th Bethesda Conference: eligibility recommendations for competitive athletes with cardiovascular abnormalities. *J Am Coll Cardiol.* 2005; 45(8):1317–1375.

I have examined the student named on this form and completed the Sports Qualifying Physical Exam as required by the Minnesota State High School League. The athlete does not have apparent clinical contraindications to practice and participate in the sport(s) as outlined on this form. A copy of the physical examination findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).

Provider Signature _____ Date of Exam _____
Print Provider Name: _____
Office/Clinic Name _____ Address: _____
City, State, Zip Code _____
Office Telephone: _____ - _____ - _____ E-Mail Address: _____

IMMUNIZATIONS [Tdap; meningococcal (MCV4, 2 doses); HPV (3 doses); MMR (2 doses); hep B (3 doses); hep A (2 doses); varicella (2 doses or history of disease); polio (3-4 doses); influenza (annual); COVID-19 (2 doses, 1 dose)]
☐ Up to date (see attached school documentation) ☐ Not reviewed at this visit
IMMUNIZATIONS GIVEN TODAY: _____

EMERGENCY INFORMATION
Allergies _____
Other Information _____
Emergency Contact: _____ Relationship _____
Telephone: (Home) _____ - _____ - _____ (Work) _____ - _____ - _____ (Cell) _____ - _____ - _____
Personal Medical Provider _____ Office Telephone _____ - _____ - _____

This form is valid for 3 calendar years from above date with a normal Annual Health Questionnaire.
FOR SCHOOL ADMINISTRATION USE: ☐ [Year 2 Normal] ☐ [Year 3 Normal]

Reference: Preparticipation Physical Evaluation (5th Edition): AAFP, AAP, ACSM, AMSSM, AOSSM, AOASM; 2019.

2023-2024 SPORTS QUALIFYING PHYSICAL HISTORY FORM

Minnesota State High School League

Pages 2-5 of this document should be KEPT on file by the medical provider issuing the physical examination.

Note: Complete and sign this form (with your parents if younger than 18) before your appointment.

Name: _____ Date of birth: _____

Date of examination: _____ Sport(s): _____

Sex assigned at birth - F, M, or intersex (circle) How do you identify your gender? (F, M, non-binary, or another gender)

Have you had COVID-19? Y / N Have you had a COVID-19 vaccination? Y / N Annual COVID-19 booster? Y / N

Past and current medical conditions: _____

Have you ever had surgery? If yes, list all past surgeries. _____

List current medicines and supplements: prescriptions, over the counter, and herbal or nutritional supplements.

_____

Do you have any allergies? If yes, please list all your allergies (i.e., medicines, pollens, food, stinging insects).

_____

Patient Health Questionnaire Version 4 (PHQ-4)

Over the past 2 weeks, how often have you been bothered by any of the following problems? (Circle response.)

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

(If the sum of responses to questions 1 & 2 or 3 & 4 are ≥3, evaluate.)

Circle Y for Yes, N for No, or the question number if you do not know the answer

GENERAL QUESTIONS

1. Do you have any concerns that you would like to discuss with your provider? ..... Y / N
2. Has a provider ever denied or restricted your participation in sports for any reason? ..... Y / N
3. Do you have any ongoing medical issues or recent illness? ..... Y / N

HEART HEALTH QUESTIONS ABOUT YOU[a]

4. Have you ever passed out or nearly passed out during or after exercise? ..... Y / N
5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise? ..... Y / N
6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise? ..... Y / N
7. Has a doctor ever told you that you have any heart problems? ..... Y / N
8. Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography. ..... Y / N
9. Do you get light-headed or feel shorter of breath than your friends during exercise? ..... Y / N
10. Have you ever had a seizure? ..... Y / N

HEART HEALTH QUESTIONS ABOUT YOUR FAMILY[a]

11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)? ..... Y / N
12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)? ..... Y / N
13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35? ..... Y / N

BONE AND JOINT QUESTIONS

14. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game? ..... Y / N
15. Do you have a bone, muscle, ligament, or joint injury that bothers you? ..... Y / N

MEDICAL QUESTIONS

16. Do you cough, wheeze, or have difficulty breathing during or after exercise? ..... Y / N
17. Are you missing a kidney, an eye, a testicle, your spleen, or any other organ? ..... Y / N
18. Do you have groin or testicle pain or a painful bulge or hernia in the groin area? ..... Y / N
19. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant Staphylococcus aureus (MRSA)? Y / N
20. Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems? ..... Y / N
21. Have you ever had numbness, tingling, weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling? ..... Y / N
22. Have you ever become ill while exercising in the heat? ..... Y / N
23. Do you or does someone in your family have sickle cell trait or disease? ..... Y / N
24. Have you ever had, or do you have any problems with your eyes or vision? ..... Y / N
25. Do you worry about your weight? ..... Y / N
26. Are you trying to or has anyone recommended that you gain or lose weight? ..... Y / N
27. Are you on a special diet or do you avoid certain types of foods or food groups? ..... Y / N
28. Have you ever had an eating disorder? ..... Y / N

MENSTRUAL QUESTIONS

29. Have you ever had a menstrual period? ..... Y / N
30. How old were you when you had your first menstrual period? _____
31. When was your most recent menstrual period? _____
32. How many periods have you had in the past 12 months? _____

Notes: _____

_____

I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

Signature of athlete: _____ Signature of parent or guardian: _____ Date: _____

2023-2024 SPORTS QUALIFYING PHYSICAL EXAMINATION FORM

Minnesota State High School League

Pages 2-5 of this document should be KEPT on file by the medical provider issuing the physical examination.

Student Name: _____ Birth Date: _____

Follow-Up Questions About More Sensitive Issues:

1. Do you feel stressed out or under a lot of pressure?
2. Do you ever feel so sad or hopeless that you stop doing some of your usual activities for more than a few days?
3. Do you feel safe?
4. Have you been hit, kicked, slapped, punched, sexually abused, inappropriately touched, or threatened with harm by anyone close to you?
5. Have you ever tried cigarette, cigar, pipe, e-cigarette smoking, or vaping, even 1 or 2 puffs? Do you currently smoke?
6. During the past 30 days, did you use chewing tobacco, snuff, or dip?
7. During the past 30 days, have you had any alcohol drinks, even just one?
8. Have you ever taken steroid pills or shots without a doctor's prescription?
9. Have you ever taken any medications or supplements to help you gain or lose weight or improve your performance?
10. Question "Risk Behaviors" like guns, seatbelts, unprotected sex, domestic violence, drugs, and others.
11. Would you like to have a COVID-19 vaccination?

Notes About Follow-Up Questions:

_____

_____

MEDICAL EXAM

Height _____ Weight _____ BMI (optional)_____ % Body fat (optional)_____ Arm Span_____
Pulse _____ BP_____/_____ (_____/_____)
Vision: R 20/____ L 20/____ Corrected: Y / N Contacts: Y / N Hearing: R____ L____ (Audiogram or confrontation)

Exam	Normal	Abnormal Findings	Initials**
Appearance			
Circle any Marfan stigmata present	→	Kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency	
HEENT			
Eyes			
Fundoscopic			
Pupils			
Hearing			
Cardiovascular*			
Describe any murmurs present (standing, supine, +/- Valsalva)	→		
Pulses (simultaneous femoral & radial)			
Lungs			
Abdomen			
Tanner Staging (optional)	Circle	I II III IV V	
Skin (No HSV, MRSA, Tinea corporis)			
Musculoskeletal			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand/Fingers			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot/Toes			
Functional (Double-leg squat test, single-leg squat test, and box drop, or step drop test)			

*Consider ECG, echocardiogram, and/or referral to cardiology for abnormal cardiac history or examination findings ** For Multiple Examiners

Additional Notes: _____

Health Maintenance: ☐ Lifestyle, health, immunizations, & safety counseling ☐ Discussed dental care & mouthguard use ☐ Discussed Lead and TB exposure – (Testing indicated / not indicated) ☐ Eye Refraction if indicated

Provider Signature: _____ Date: _____

ST. CLOUD AREA SCHOOL DISTRICT 742 ANNUAL PHYSICAL FORM

If you child needs a sports physical, please use the Minnesota State High School League document or have your healthcare provider print the clinic's sports physical document. Return sports physicals to the school nurse.

Name _____ Male _____ Female _____ Birthdate _____
Address _____ Phone _____
Parent/Guardian _____
Physician/Healthcare Provider _____ Dentist _____
Last physical exam _____ Last dental exam _____

Significant Past History

YEAR		YEAR
Allergy (specify)		Mental Health Condition (specify)
Asthma		Neurologic (specify)
Chicken Pox (Disease)		Orthopedic (specify)
Congenital Defect (specify)		Seizure History
Developmental Delay		Surgeries (specify) T&A Myringotomy tubes, Hernia
Diabetes		Vision: Glasses or Contacts
Hearing		Other
Heart Condition		

Health Examination

(To be completed by Physician/Healthcare Provider)

Examining Physician's/Healthcare Provider's Name (Print) _____
Ht. _____ Wt. _____ BMI _____ Pulse _____ BP _____ Urinalysis _____ HGB _____

Eyes _____
Ears _____
Nose _____
Throat _____
Glands _____
Lungs _____
Heart _____
Nervous System _____

Orthopedic/Scoliosis _____
Skin _____
Allergies (if so, what?) _____
_____
Nutrition _____
Serious Illnesses _____

Please review immunizations and update for school requirements as needed. Please attach copy of immunization record.
Does student require medication on a daily or episodic routine?
Name of medication: _____
Dose: _____ Frequency: _____
Condition being treated: _____
Please include a separate physician/healthcare provider's order if medication will be taken at school.

Significant Development History _____
History of: Hearing Problem _____ Speech Problem _____
History of: Social or Emotional Problem _____
List conditions which may limit participation in:

A. Classroom Activity _____
B. Physical Education _____
C. Competitive Sports _____

***If child is participating in sports, please complete MSHL sports physical form or provide clinic generated document.
Any special health problems, recommendations and/or comments _____
Immunization(s) given today _____
Approved for: Full Activity _____ Limited Activity _____
Date _____ Examining Physician/Healthcare Provider Signature _____

I hereby release this information to the Health Services Department of District 742 and give the licensed school nurse permission to clarify the information with the Physician/Healthcare Provider if the need arises.

_____
PARENT/GUARDIAN SIGNATURE