

## News from the Health Office

### Sports/School Physicals



The school doctor will do Sports Physicals for the 7<sup>th</sup> through 12<sup>th</sup> grade at no charge at LMCS on the following days:

Monday August 17<sup>th</sup> from 11:30 am to 1:00pm in the new gym. (This is the 1<sup>st</sup> day of practice for the JV/Varsity Level)

Wednesday September 2<sup>nd</sup> from 2pm - 3:30pm in the Nurse's Office (This is the 1<sup>st</sup> day of Modified Sports)

Wednesday November 4<sup>th</sup> from 8:30- 9:30am in Health Office (Winter Sport start November 9<sup>th</sup>)

Wednesday March 2<sup>nd</sup> from 8:30am - 9:30am in Health Office (Spring Sports start March 7<sup>th</sup>)

Reminder all students in 7<sup>th</sup> and 10<sup>th</sup> and Kindergarten 2<sup>nd</sup> and 4<sup>th</sup> grades are required by NYS to have a physical, and if there is none on file by November 1<sup>st</sup> the school will have the school doctor do a physical when he is in the building.