



KINDERGARTEN and FIRST GRADE PHYSICAL EXAMINATION REQUIREMENTS

State law requires that all children entering First Grade must have proof of a complete physical examination - or - a waiver must be signed. This exam must be completed from 6 months before entering kindergarten to 90 days after entering first grade. In event of non-compliance, State law requires a child be excluded from school for up to five (5) days.

1. The school district recommends that exams be completed during kindergarten.
2. Physical examinations may be obtained from your family doctor or at no cost clinics for children who:
 - Are covered by Medi-Cal,
 - Have no health insurance, or
 - Are from low to moderate income families.
3. If you think your child may be eligible for a free exam, please call this number for information about scheduling an appointment:

1 (800) 564-8448

Child's Name	Birthdate	Grade

Please check all of the following that applies to your child's exam. Thank you.

_____ **Completed Exam:** The report of my child's exam is attached to this form.

_____ **Possible Eligibility For a No Cost Exam:** My child may be eligible for a free physical exam and I will call the number listed above to schedule an appointment.

_____ **Plans For Completion:** My child has not yet received the required physical exam. My signature below verifies the following:

- I have read this letter including the number to call for scheduling no cost physical exams.
- I will call my child's doctor or the number above to schedule an appointment
- This signed form will serve as a temporary waiver which will be removed from school records upon receipt of my child's completed examination report.

Parent/Guardian Signature

Date