

**GORHAM SCHOOL DEPARTMENT HEALTH OFFICE
PHYSICAL EXAMINATION FORM**

THIS FORM IS TO BE COMPLETED BY A PHYSICIAN. SEND COMPLETED FORMS TO:

- ☐ GORHAM HIGH SCHOOL; 41 MORRILL AVE; GORHAM, ME 04038; FAX: 207.839.7742
- ☐ GORHAM MIDDLE SCHOOL; 106 WEEKS RD; GORHAM, ME 04038; FAX: 207.839.4092
- ☐ GREAT FALLS ELEMENTARY SCHOOL; 73 JUSTICE WAY; GORHAM, ME 04038; FAX: 207.892.6301
- ☐ NARRAGANSETT ELEMENTARY SCHOOL; 284 MAIN ST; GORHAM, ME 04038; FAX: 207.839.5018
- ☐ VILLAGE ELEMENTARY SCHOOL; 12 ROBIE ST; GORHAM, ME 04038; FAX: 207.839.5029

STUDENT NAME: _____ GRADE: _____

BIRTHDATE: _____ PARENT/GUARDIAN(S) NAME: _____

DATE OF EXAM: _____ PHYSICIAN/PCP NAME: _____

HEIGHT: _____ WEIGHT: _____ PULSE: _____ RESPIRATIONS: _____ BLOOD PRESSURE: _____

VISION: R: _____ /20 L: _____ /20 GLASSES: Y/N HEARING: _____ HEARING AIDS: Y/N

LABS (IF INDICATED): HEMOGLOBIN: _____ URINE: _____ LEAD SCREEN: _____

MEDICATION ALLERGIES (PLEASE LIST):

FOOD ALLERGIES (PLEASE LIST):

OTHER ALLERGIES (LIST SPECIFIC):

CARDIOVASCULAR:

NEUROLOGICAL:

RESPIRATORY:

MUSCULOSKELETAL:

INTEGUMENTARY:

GENITALIA:

EARS/NOSE/THROAT:

HERNIA:

TEETH/LAST DENTAL VISIT:

OTHER:

PLEASE LIST MEDICATIONS AND INDICATION FOR USE:

LIST ANY PHYSICAL LIMITATIONS/RESTRICTIONS:

PLEASE ATTACH A COMPLETE AND CURRENT IMMUNIZATION RECORD

PHYSICIAN/PCP SIGNATURE: _____ DATE: _____

Gorham School Department Health Services/Athletic Department

There are many health needs recognized in school-age children, thus it is necessary to keep accurate up to date physical exam records both in the Health Services Department as well as the Athletic Department. Health Services recommends a physical exam report for all students in grades Pre-K, K, 4, 7, and 10. The physical exam report provides the school with valuable information about the health status of your student.

The Athletic Department requires a physical every 2 years in grades 6-12 for any student participating in a school sport. **No student will be allowed to participate in sports unless they have an up to date physical on file. A doctor's note stating the student was seen by the doctor is not proof of a physical examination. The form must indicate the date of physical exam and that they are cleared for all sports/activities at school.**

All physical exam records will be filed in the Health Services Department.

Helpful Tip: When your student has a physical exam, make several copies of the form, keep it in a file and when proof of a physical is needed, you have it. This will save last minute phone calls to the doctor's office to get another copy.