



NORTH HUNTERDON HIGH SCHOOL HEALTH OFFICE
1445 Route 31, Annandale, NJ 08801

HEALTH OFFICE AND ATHLETIC REQUIREMENTS

(These forms need to be completed, signed, dated & returned to the
Health or Athletic Office each school year. **ORIGINAL FORMS ONLY**, no faxes or emails)

Dear Parent/Guardian and Student,

PLEASE READ ALL CATEGORIES THAT PERTAIN TO YOU AND YOUR NHHS STUDENT.

Only NHHS Forms will be accepted by the **Health Office**. The following requirements are regulated by the NJ State Department of Education and the NHVRHS Board of Education:

ALL NEW STUDENTS (INCOMING 9TH GRADERS & TRANSFER STUDENTS):

The following forms are required for entry into NHHS and **must be submitted to the Health Office by August 1st**

1. Part **A** - Health History Questionnaire (Pages A1-A3)
2. Part **B** - Physical Examination Form (Pages B1–B4) All information must be completed by MD or licensed health practitioner. This includes: Height, Weight, Blood Pressure, Pulse, and Vision. Incomplete forms will be returned. The exam must be dated within one year of school attendance. The Physical Exam must be on the NHHS/State mandated form. Immunization requirements must be up to date.
3. Medication Form for Allergic Reaction (Epinephrine)– if applicable. MD must authorize self-administration
4. Inhaler/Asthma Action Forms - if applicable. MD must authorize self-administration
5. Diabetes Management Forms – if applicable. MD must authorize self-administration
6. Over-The-Counter Medication Form (Acetaminophen [Tylenol], Ibuprofen [Advil/Motrin], & Maalox Only)
7. Authorization for Medication Form (All other Over-The-Counter & Prescription Medications)
(NJ law only permits students with potentially life threatening illnesses to carry medication with them)
8. If you are planning to participate in an Intramural or Interscholastic Sport (Athletics), please review all instructions listed under “All Candidates For Interscholastic & Intramural Sports” on page 2 below. Please sign and return the Interscholastic Sport (Athletics) & Intramural Consent Form.

ALL RETURNING STUDENTS (10TH, 11TH, 12TH GRADERS):

The following forms must be submitted to the health office by the first day of school in August
(If the student is planning to participate in an Intramural or Interscholastic Sport – please skip this section and follow the instructions listed on the following page titled: “All Candidates.... For Sports”):

1. Part **A** – Health History Questionnaire (Pages A1-A3) (Part B is required only if a student is planning to participate in an interscholastic or intramural sport- See Sport Instructions)
2. Medication Form for Allergic Reaction (Epinephrine)– if applicable. MD must authorize self-administration.
3. Inhaler/Asthma Action Forms – if applicable. MD must authorize self-administration
4. Diabetes Management Forms – if applicable. MD must authorize self-administration
5. Over-The-Counter Medication Form (Acetaminophen [Tylenol], Ibuprofen [Advil/Motrin], & Maalox Only)
6. Authorization for Medication Form (All other Over-The-Counter & Prescription Medications)
(NJ law only permits students with potentially life threatening illnesses to carry medication with them)

SPORT PAPERWORK / REQUIREMENTS ARE LISTED ON THE NEXT PAGE

Forms available on the NHHS WEB SITE **ONLY** at www.nhvweb.net/nhhs see Health Office page.

Health Office: Phone: 908-713-4171 Fax: 908-713-4403

Nurse’s e-mail: cfumosa@nhvweb.net or vkorman@nhvweb.net

Athletic Trainer’s e-mail: wiehl@nhvweb.net or kkorbul@nhvweb.net

MAIL OR DELIVER ALL FORMS TO THE HEALTH OR ATHLETIC OFFICE (REV. 5/11)



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ALL CANDIDATES FOR INTERSCHOLASTIC (ATHLETICS)
& INTRAMURAL SPORTS

The following forms must be submitted to the health office by the deadline for each sport season. Deadlines are determined by the Athletic Trainer and are prior to the first day of practice for the sport you are planning to participate in. **Deadline for Fall Interscholastic Sports Only: August 1st. (deadlines for Winter and Spring sports will be posted on the NHHS website)** FORMS RECEIVED LATER THAN THE DEADLINE DATE MAY DELAY CLEARANCE FOR SPORTS PARTICIPATION. Sport forms will take a minimum of 5 days to process and will result in missed practices and/or games.

1. Part **A** - Health History Questionnaire (pages A1-A3) This form must be signed & dated **within 60 days of the first practice date of each** Interscholastic sport or Intramural you are planning to participate in (Fall, Winter, & Spring). Check NHHS website for start dates.
2. Part **B** - Physical Examination Form (pages B1-B4) All information must be completed by your MD or licensed healthcare practitioner. This includes: Height, Weight, Blood Pressure, Pulse, and Vision. **Incomplete forms will be returned.** The exam must be dated within one year of the first practice date of the sport or intramural you are planning to participate in. The Physical Exam must be on the NHHS/State mandated form. Immunization requirements must be up to date.
3. Medication Form for Allergic Reaction (Epinephrine) – if applicable. MD must authorize self-administration
4. Inhaler/Asthma Action Forms – if applicable. MD must authorize self-administration
5. Diabetes Management Forms – if applicable. MD must authorize self-administration
6. Over-The-Counter Medication Form (Acetaminophen [Tylenol], Ibuprofen [Advil/Motrin], & Maalox Only)
7. Authorization for Medication Form (All other Over-The-Counter & Prescription Medications)
(NJ law only permits students with potentially life threatening illnesses to carry medication with them)
8. Interscholastic Sport (Athletics) & Intramural Consent Form – please be sure that you have **read** the entire **INTERSCHOLASTIC (ATHLETICS) & INTRAMURAL SPORT PACKET* BEFORE SIGNING THIS CONSENT FORM** (This signed form is needed one time each school year)

*The NHHS sport packet defines:

Parent Permission/Authorization for Emergency Treatment; Random Drug Testing Policy and Regulation #5531; NJSIAA Steroid Testing Policy & NJSIAA Banned-Drug Classes; NJSIAA Consent to Random Testing; NHHS Athletic Philosophy & Expectations; Lions Athletic Philosophy Q & A; NHHS Athletic Department Guidelines for Athletes; NHHS Athletic Sportsmanship Expectation Guide; North Athletics Code for Sportsmanship; NHVRHSD Student Athlete Disciplinary Code; Press Release for Events at NHHS; ImPACT Concussion Management Program; Concussion Identification Management and Return to Play at NHRHS; How to View Athletic Schedules and NHHS Booster Club Information; Sudden Cardiac Death in Young Athletes; NHVRHSD Technology Services Department's Student Information Policy; and Parental/Guardian Consent form for Child's photo/image publication.

Forms available on the NHHS WEB SITE ONLY at www.nhvweb.net/nhhs see Health Office page.

Health Office: Phone: 908-713-4171 Fax: 908-713-4403

Nurse's e-mail: cfumosa@nhvweb.net or qkorman@nhvweb.net

Athletic Trainer's e-mail: wiehl@nhvweb.net or kkorbul@nhvweb.net

MAIL OR DELIVER ALL FORMS TO THE HEALTH OR ATHLETIC OFFICE (REV. 5/11)