

# WEST MORRIS MENDHAM HIGH SCHOOL

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*Coordinator of Athletics &  
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October 10, 2016

## Re: Medical Exemption/Physical Limitation

Dear Parent/Guardian

Please be aware that there has been a change within our Physical Education program involving students that are unable to participate for medical reasons. Moving forward, any student who is absent from five (5) classes to one month or more, will be required to complete a written alternative assignment. These modifications will allow your child to be able to receive the appropriate physical education credits while he/she is unable to participate fully due to a medical condition. To fulfill the new requirement, students must make arrangements with their physical education teacher. Failure to do so may result in loss of credit.

Your physician must complete the form below, in order to help staff develop an appropriate program for the student. Please return via Fax or drop off to the main office.

**Health Office Contacts:** Phone#: 973-543-2501 x4490 or x4495

Fax#: 973-543-0283

### *Physician's Recommendations*

**Student Name:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**Date of return or physician follow up:** \_\_\_\_\_

**Physical Limitations:** \_\_\_\_\_

**Activities the student may participate in:** \_\_\_\_\_  
(Please refer to the attached Physical Education Activities Guide for Student Participation. Please identify Non-Contact Non-Strenuous/ Non-Contact Strenuous/ Limited Contact/ Contact Sports and/or Written Assignment)

The physician and parent's signature denote consent to fully communicate regarding the care of the student above. The nurse will communicate approximately every month with the physician to ensure the appropriateness of the program designed for him/her as well as update medical excuses that are extended based on medical findings.

\_\_\_\_\_  
Physician's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date

(Office Stamp of physician for validity)

## Physical Education Activities Reference Guide

Please indicate the activities in which the student is cleared to participate. Should the student not be cleared for any Physical Education activities, please fill in ***Written Assignment***.

### Non-Contact Sports

#### **NON STRENUOUS**

- Light Strength Training
- Low Impact Project Adventure
- Walking
- Yoga
- Group Games
- Back Yard Games (Can Jam, Bocce, etc...)
- Aerobics

#### **STRENUOUS**

- Archery
- Project Adventure
- Strength Training
- Tennis
- Ultimate Frisbee
- Track and Field
- Badminton

### Limited Contact

- Gymnastics/Tumbling Skills
- Softball
- Team Handball
- Volleyball

### Contact Sports

- Basketball
- Floor Hockey
- Football
- Indoor/Outdoor Soccer
- Team Sports