

MAINE SCHOOL ADMINISTRATIVE DISTRICT NO. 1  
Castle Hill - Chapman - Mapleton - Presque Isle - Westfield

**Health Services Office**

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16 Griffin Street	Presque Isle, Maine			207-764-8105
<i>Lisa McKenna, RN, MSN, NCSN</i> <i>Director of Health Services</i>	<i>Shelby Miller, BSN, RN</i> <i>School Nurse</i>	<i>Jen Tompkins, BSN, RN</i> <i>School Nurse</i>	<i>Jenny McPherson, RN</i> <i>School Nurse</i>	<i>Deidre Clark, BSN, RN</i> <i>School Nurse</i>

March 1, 2021

Dear Parents/Guardians,

**At this time the Health Services Office is preparing for the 2021-2022 school year. We would like to remind you of some important information regarding immunizations and sports participation.**

A new law will take effect September 1, 2021 that removes philosophical exemptions and religious exemptions from the exceptions to immunization requirements. Since it takes time to complete the immunization series, this is the time to call your child's primary care provider to work on bringing your child up to date with their vaccines.

MSAD #1 requires the following for participation on an interscholastic sports team in grades 6 through 12.

- The B & C forms are required **yearly (enclosed for you to complete and return to the Health Office).**
- A pre-participation sports physical examination, completed by a medical doctor (MD), doctor of osteopath (DO), a nurse practitioner (NP), or a physician's assistant (PA) **every other year** between grades six and high school graduation. Please have the health care provider fax the physical to the Health Services office at 768-3085.
- A pre-participation sports physical must be performed **prior to tryouts** for grade 6 sports. This may be obtained during the spring of a student's fifth grade school year.
- Please note that if there has been a serious incident or accident the student will need a new physical or letter of clearance from his or her healthcare provider.
- If you are not sure if your child needs a physical, please call the Health Services Office and we will be able to tell you when your child is due for a new sports physical.

Please call 764-8105 if you have any questions.

Sincerely,  
Lisa McKenna, RN  
MSAD #1 Health Services Director