

**David J. Lyon District Elementary School
Health Office
33 School Street
Washburn, ME 04786**

Dear Parents/Guardians:

We are pleased to be able to offer sports physicals to our students and future athletes. Our school physician is Dr. Lance Sweeney. Physicals are scheduled for December 23rd at 8:30 at the elementary school and are being offered to students in 5th – 8th grade. Sports physicals are effective for any sport, including cheering, for two years. Students who are in high school sports and need an updated sports physical, may obtain a health history form and permission slip from Mr. Ron Ericson.

Please fill out the attached Student Yearly Sports Health History form and sign the bottom of the form giving permission for a sports physical and return to the school's health office. The cost of the physical is \$15.00 and checks need to be made out to The Aroostook Medical Center.

If you have any questions, please don't hesitate to call me at 455-4505 or 455-4504.

Thank you,

Christine McPherson, RN, BSN, CHES
M.S.A.D. #45 District School Nurse