



Bellmore – Merrick Central High School District Grand Avenue Middle School



*Office of the Principal
Carlo A. Conte*

Physical Examinations

Important Information – All Students

Please note that State Law mandates that all students entering 7th, 9th and 11th grade have physical examinations, whether they are participating in sports or not. These physicals must be completed within one year of entering 7th, 9th and 11th grade. Any physical examination performed after September 1, 2020 fulfills this requirement. All physicals are subject to approval by the Bellmore-Merrick CHSD medical staff. For more information and forms pertaining to physicals and health appraisals go to www.bellmore-merrick.k12.ny.us/ and click on the Parents/Students tab then Nurses Information. Please note that **camp physicals are not acceptable. If your child has not seen their physician, we urge you to make an appointment as soon as possible.** All physicals are due in the nurse’s office **no later than October 15th, 2021.**

Failure to provide this information may lead to an exclusion from school, **effective December 17th.** If you have any further questions or concerns, please email our nurse at: mrohanbednar@bellmore-merrick.k12.ny.us.

Ideally, the child’s primary health care provider should perform the health appraisal, including the physical examination component. If you are unable to furnish the school with a medical report, the school physician will examine your child. The school physician will be at **Grand Avenue on August 26, 2021 (2:00pm).** The school physician will also be at all high schools on August, 19th (8:00 am).

Grand Avenue Athletics

Athletes Only

Grand Avenue Middle School offers a wide range of interscholastic sports. In order for your child to be eligible to participate, there are specific forms that need to be completed. These forms for Fall Sports are due before the season begins. This will allow the School Nurse the opportunity to review and clear every athlete in advance. In addition, coaches will hold pre-season meetings to discuss any important information. The earlier the forms are handed in, the faster the nurse can clear your child to participate.

**** Athletic Participation Forms can be submitted online beginning August 10, 2021 and closes on August 31, 2021 for the fall season. Please make sure you submit all paperwork by August 31st. Fall sports begin Thursday, September 9th.**

Navigating to Athletic Forms

- Go to: www.bellmore-merrick.k12.ny.us
- Click on: District
- Click on: Physical Education, Athletics, Health and Drivers Ed (on drop-down)
- Click on: To Participate in Interscholastic Athletics, please click here (beginning of Mr. Caballero’s letter)
- Click on: Rank One Sports Letter to Parents (to submit Athletic Forms online)

Fall Sports:

- | | | | |
|-----------------------------------|--------------------------|-----------------------------------|---------------------------|
| 7 th & 8 th | Grade Football | | |
| 7 th & 8 th | Grade Boys Soccer | 7 th & 8 th | Grade Girls Soccer |
| 7 th & 8 th | Grade Boys Cross Country | 7 th & 8 th | Grade Girls Cross Country |
| 8 th | Grade Boys Tennis | | |
| 8 th | Grade Cheerleading | | |
| 8 th | Grade Kickline | | |

PLEASE SEE REVERSE SIDE FOR MORE INFORMATION