



North High School

A California Distinguished School

3620 W. 182nd Street
Torrance, Ca. 90504
(310) 533-4412 ext. 7086

Dear Parent/Guardian:

Health is an important factor in the academic success of all students. High school students continue to experience periods of growth, physical changes and social maturation requiring proper nutrition, adequate sleep and regular medical and dental care. Information is available for low/no cost health care. Please contact the Health Office for assistance.

PHYSICAL EXAMINATION – Students will be participating in our physical education program, which stresses physical fitness and includes strenuous activities. For ninth graders and continuing high school students, we recommend regular physical exams.

- ◆ **ATHLETIC SPORTS PHYSICAL** – *A physical is required of all students planning to participate in the athletic program* (football, basketball, tennis, track, etc., Pep Squad, JROTC and Band). Athletic participation packets may be picked up in the office in charge of athletics, outside the Site Supervisor's office or accessed online at <http://northhighschool.org>. Go to "Quick Link" and click on "Athletics Clearance Packet". This will include a "School Physical Exam" form.
- ◆ **TB test for students taking Child Care Classes** – If your student is taking Child Care Classes next year, they must have a TB test within the last 4 years. Please bring a copy from your health care provider recording the administration and reading of the TB test to the Health Office.
- ◆ **RECOMMENDED IMMUNIZATIONS** – Consult your health care provider about the following immunizations:
 - **Hepatitis A Series** – Due to a high incidence of Hepatitis A in California, it is now a recommended vaccination for students.
 - **Influenza "Flu Shot"** – The CDC recommends that children aged 6 months up to their 19th birthday get vaccinated each year.
 - **Human Papillomavirus** – Prevents a common sexually transmitted infection associated with cervical cancer.
 - **Meningococcal** – Prevents infection of the covering of the brain and spinal cord
 - **Varicella Booster** – A second dose to prevent Varicella or "Chicken Pox"

HEALTH OFFICE INFORMATION

- ◆ **Medication while at school** - If your student requires medication during school hours, please complete the permission for medication form and return it to the Health Office. ***State law requires written permission from both parent and physician to allow the school to administer both prescription and over-the-counter medications.***
- ◆ **Students who require an inhaler or Epi-pen may carry their emergency treatments with them on campus if they have a "Permission to carry" and medication form completed and returned to the Health Office.**

Medication and "Permission to carry" forms may be obtained prior to the beginning of school online at <http://northhighschool.org> and clicking on "Health Office" or by contacting the Summer School Nurse at 310-350-5618.

Free and Reduced lunch applications – You may mail or hand-carry a completed form to the Food Services Office at 2335 Plaza Del Amo, Torrance (District Office). Additional forms may also be accessed online at www.TUSDFOODSERVICES.org. The Food Service office will be open during the summer and the applications can be processed then. If you have any questions you can contact them at (310) 972-6350, or you can contact the Health Office in the fall.

Low and No Cost Health Care – Please refer to information that is on the reverse of this form.

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