

**Hamilton Wenham Regional High School
Health Office**

High School Physical Exams: The Massachusetts Department of Public Health requires that all school-aged children have periodic physical exams.

Updated physical exams are required to be submitted to the Health Office for all **new students** and students in **grade 10**.

In order to participate in any sport, documentation of a physical examination within the last **13 months** must be on file with the Health Office **prior to try-outs**.

**This form must state whether or not the student is physically fit for sports and whether there are any restrictions to be noted.