



# Mystic Valley Regional Charter School

770 Salem Street • Malden, MA 02148 • Telephone 781-388-0222 • Facsimile 781-388-0777

August 17, 2011

Dear Parent(s)/Guardian(s):

**Any student who wishes to participate on a Mystic Valley Regional Athletic Team MUST be medically cleared by a doctor BEFORE they will be allowed to do so. This includes tryouts for the teams!!!** This guideline has been established by the Massachusetts Board of Health in order to ensure the safety of our students.

**A physical exam must be submitted to the School Nurse for EVERY year of sports participation. Physical exams are valid for 13 months from the date of exam. Any student with an expired physical exam will not be allowed to participate on any Mystic Valley Regional Athletic Team. No exceptions!**

It is the responsibility of the parent(s)/guardian(s), not the School Nurse, to make sure that physical exams are up to date and submitted to the School Nurse. If you have any questions, please call your child's School Nurse at the phone number below.

Thank you in advance for your cooperation.

Kristen O'Brien, RN x7010  
Grades K, 1, 4, 5, and 6<sup>th</sup>

Sandra Tilton, LPN x 3024  
Grades 2, 3, 7, and 8th

Lauren Gerbick, LPN  
781-388-2940  
High School Nurse  
Grades 9-12

8/17/2011