

**Berlin Community School  
Office of the Nurse  
856-767-0129 x 205  
Fax 856-768-6853**

**Dear Parents/Guardians:**

**The New Jersey State law mandates that each school district notifies parents/guardians of the importance of obtaining physical examinations on children at least once during each of the student's developmental stages. This examination is not required to attend school, although it is advisable.**

**Recommended physicals should be done once during:**

- **pre-adolescent stage (at about 4<sup>th</sup> grade)**
- **adolescent stage (at about 7<sup>th</sup> grade)**

**If you choose to have a physical exam completed on your child, please use the appropriate forms for your child's age. These forms are available on the Health Office Link on the BCS web page. Please submit the completed form to the health office.**

**If you have any questions, please call 767-0129, ext. 205**

**Respectfully,**

**Monica Shallow, RN, BSN, CSN**