



PLMS NEWSLETTER



Greetings from the Principal's Office!

KSHSAA (Kansas State High School Activities Association) Executive Director, Gary Musselman recently wrote an article about the importance of extracurricular activities. Musselman reference a statement from the book he is currently reading entitled Our Kids - The American Dream in Crisis written by Harvard University Professor Robert D. Putnam. The statement reads as follows:

"Consistent involvement in extracurricular activities is strongly associated with a variety of positive outcomes during the high school years and beyond. These positive outcomes include higher GPAs, lower dropout rates, lower truancy, better work habits, higher educational aspirations, lower delinquency rates, greater self-esteem, more psychological resilience, less risky behavior, more civic engagement (like voting and volunteering), and higher future wages and occupational attainment."

Musselman went on to say that "Without question the return on investment in providing extracurricular programs to our students is beyond measure. We would do well to remember that we are about much more important business than simply wins and losses. Every child involved in school activities wins...."

Although some might believe extracurricular activities include only sport related events, it's important to remember that Scholars Bowl, the Fine Arts (band/choir/art fairs), STUCO, Forensics at the high school level, and the high school musical are a few other activities that would be included. The point is we want all of our students to get involved in something each and every year so they can reap the benefits that Professor Putnam shares above. In recent years, approximately 90% of PLMS 7th and 8th grade students have chosen to get involved in at least one extracurricular activities and as a result, it has been exciting to watch the positive impact that involvement has made on each individual. Please continue to encourage your child to get involved as they move through PLMS and PLHS.

With that said, I can't give enough praise to the PLMS fans who have attended our games this past year. Mr. Maloun and

I saw lots of encouragement, praise and support for our student-athletes, which is exactly how it should

be. The positive support of our athletic programs by our middle school fans and community is not only appreciated by our staff, but our student-athletes as well. Certainly bad calls occur, but those calls have always been a part of the game and will continue to be. Officials, players and coaches all make mistakes so it important to focus on the roles and responsibilities of all stakeholders.

- The players are there to play to the best of their abilities.
- The coaches are there to teach to the best of their abilities.
- The officials are there to enforce rules to the best of their abilities.
- The fans are there to encourage and support to the best of their abilities.

I have posted the following article numerous times over the past few years but I do believe it is a great read and I wanted to post it again. If you haven't taken the time to read it, please do so. Again.....thank you PLMS parents and patrons for representing our community and school in such a positive fashion this past year. It is appreciated!

What Makes A Nightmare Sports Parent --

And What Makes A Great One?

You will probably need to cut and paste the link into your web browser. Hope you enjoy!

<http://www.thepostgame.com/blog/more-family-fun/201202/what-makes-nightmare-sports-parent>

That's all from the Principal's office. As always, stop by, email or call if you have any questions, concerns or celebrations! We'll supply the coffee.

Thanks!

Josh Woodward
PLMS Principal

JEFFERSON COUNTY SPELLING BEE CHAMP!

For the second consecutive year, a PLMS 7th grader has won the Jefferson County Spelling Bee. Joe Ward, this year's PLMS Spelling Bee Champion, won the Jefferson County Spelling Bee, hosted at PLMS, on Tuesday evening, January 26.



The county spelling bee had twelve student contestants, two (one elementary student and one middle school student) from each county school district. Perry Lecompton was represented by Quinn Waugh, LES 4th grader and Joe Ward. The competition was very competitive. In the final round, Joe ended up spelling the words quasar and languish for the win.

Congratulations to Joe Ward for bringing home the championship to PLMS for the second year in a row and third time in the past seven years. Previous Jefferson County Spelling Bee Winners include Amanda Jeter in January of 2010 and Shaunna Hoover in 2015. Shaunna was this year's PLMS runner up/alternate speller.

Joe will represent our school district and Jefferson County at the Kansas State Spelling Bee at Seaman High School in Topeka on Saturday, March 5. The spelling bee will begin at 1:00 PM. The winner of the state wide spelling bee will earn an all expense paid trip to Washington D.C. to compete in the 2016 Scripps National Spelling Bee at the end of May.

Best of luck to Joe at the state contest.

Updating Allergy Information

With the spring allergy season upon us, now is a good time to log onto Power School and double check your child's records to ensure that the school is aware of any allergies that your child may battle. This includes not only airborne allergies or bee sting allergies, but food allergies as well. If you have a computer down or currently do not have internet access, please call the PLMS office to double check whether your enrollment forms included this important information.



RANDY NADLER BRING ITALY TO PLMS

On Wednesday, March 2, Randy Nadler came to PLMS to share stories about his recent trip to Italy. Each summer, Nadler travels to a different region of the world to study the culture, take pictures and develop a presentation that he shares with students of all ages throughout Kansas and Missouri.



This year, Nadler shared pictures of the Leaning Tower of Pisa, the City of Florence including Michelangelo's statue of David, an assortment of pictures from the City of Rome including the Pantheon; Colosseum and the Roman Forum; St. Peter's Square and Vatican City. Photos from Venice, Pompeii and Sicily were also shared.



The assembly lasted a little more than one hour, including questions from students from each grade level. Thank you to Mr. Randy Nadler for bringing his presentation to PLMS.

Eighth Grade Promotion

It is not too early to review procedures, requirements, and plans for eighth grade promotion night. The PLMS Student Handbook outlines the criteria for eligibility for 8th grade students to participate in the promotion ceremony.

Students are required to pass 14 semester classes out of the 16 semester classes offered in their 8th grade year. Students must also meet the citizenship requirements and be a student-in-good-standing. All expectations as stated in the school handbook, including those regarding appearance and dress code, apply as usual. Questions? Please call Mrs. Hupe or Mr. Woodward.



PLMS Music Performances

The PLMS vocal music program hosted their last concert on Wednesday, April 20, at 7:00.

The PLMS and PLHS bands (grades 5-12) will perform their final concert of the 2015-2016 school year on Wednesday May 4 at 7:00 PM in the PLHS gymnasium.

PLMS 7/8 band students will travel to Worlds of Fun on Saturday, May 7. The band will perform a 30 minute concert, then have the rest of the day to enjoy the rides and activities at WoF. Parents are welcome to attend this event but must purchase their own ticket.



Counselors Corner

Thank you to the 6th, 7th and 8th graders and parents for returning the elective forms for next year for both middle and high school. The students have entered in the classes that you have agreed upon. Our task now is to create a master and student schedules. Student schedules will not be available until July when our district rolls into the 2016/2017 year. Please call me if you have questions regarding your student's elective preferences.



Testing, testing, testing! Only make-up assessments remain for PLMS students. Our teachers have been doing a great job of preparing our students for State Assessments! This year the test time was shorter and the questions were more grade appropriate. Each student had a personal password that they use for EVERY test in each subject given. No longer is the massive amount of tickets printed (last year=3,000+). Each day a Daily Access Code is given for students to log into the KITE portal. I am happy building test coordinator!!! 😊

If you have any questions about state assessments, please call me.

The Parents Guide to Helping Anxious Children Cope with Test Anxiety by Rich Presta

Help your child prepare. Teaching your child effective study techniques and test-taking skills can take care of anxiety that comes from being ill-prepared. It can also help boost your child's confidence, as it's typically much easier to meet a challenge when you know you've done all you can do to be ready for it.

Work on maintaining focus. Since one of the effects of test anxiety is the habit of looking around at other students and thinking everyone is smarter, reviewing focus techniques with your child may help nip that habit in the bud. Reinforce that the only thing that should grab your child's focus is the test in front of him or her, not the boy in the next seat, the girl in the next aisle or the bird sitting on the window sill.

Relaxation techniques can consist of any number of ways to reduce stress and anxiety. Common methods include breathing exercises, such as those pointed out in our post [Teaching Your Anxious Child to Calm Themselves](#) with their breath. You can also try a popular exercise of having children start at their heads and move down through their toes flexing and relaxing every muscle of their bodies

Stay positive. Here's where the pep talk comes in. Remind your child that, no matter what happens with any test, he or she is a wonderful, beautiful, worthwhile individual who is deeply cherished and loved.

For more information, go to: www.anxietyfreechild.com

Outlook/Changes for 2016-2017

USD 343 has already begun making plans for the 2016-2017 calendar schedule. As I type, contracts for sporting events are being signed by respective schools and added to the calendar. Music concert dates are considered and added to the schedule, considerations for handbook changes are being made and staff changes are all occurring as we make preparation to help our students have the "BEST" year possible. Please read below for information about 2016-2017.

As usually, we have very few changes within the classroom. We are excited to introduce Mr. Phillip Kaul as the new 5-12 band director. Mr. Kaul is a graduate of the University of Kansas where he was selected as the drum major of the Marching Jayhawks. He has worked closely with several area high school band program including De Soto High School, Blue Valley North, Olathe Public Schools and Shawnee Mission West. Look for more information about Mr. Kaul on the district webpage this summer.



Mr. Kaul

There will be administrative changes occurring at PLMS next year as well. Mr. Woodward, who has served as the PLMS Principal since 2010, has accepted the position of Director of Curriculum and Instruction for USD 343. He will be move to the district office and take over his new responsibilities in July.

Mr. Maloun, current high school/middle school band director and Assistant Principal at PLMS will take over the reins of PLMS principal next year. Mr. Maloun has spent the past 19 of his 24 years in education at USD 343. He looks forward to the challenges of his new position and having the opportunity to work with PLMS students and staff.

More Student Info/Changes for 16-17

- **Sports Physical Information:**
 - Any physical completed after May 1, 2016 (per KSHSAA rules and regulations) applies to the entire 2016-2017 school year.
 - Find the time to take your child in to have sports physicals can be challenging. Due to this USD 343 has scheduled an opportunity for students to have their 2016-2017 sports physicals completed right here at school.
 - The date is Thursday, May 12.
 - Fee is \$30.00
 - More information included towards end of this newsletter. If interested, please print off pages 8 through 13, complete appropriate information and sign. Send check to PLMS office by May 4 to schedule the appointment.
 - Questions: Please email Theresa Beatty @ tbeatty@usd343.org
- **Student Handbook Changes for 2016-2017**
 - Students may not carry book bags and/or purses from class to class. Students are expected to store book bags and/or purses in their lockers.
 - Rationale: Students are constantly pushing the bag size limit, which has created issues.
 - 1) Constant monitoring and enforcement by staff.
 - 2) Bags have become a tripping/safety hazard in classrooms.
 - Most importantly, some students are depending on the bag to carry most, if not all books/materials from class to class. Staff members believe this habit contributes to organizational issues with students. By requiring students to use their lockers for all academic items, organization will become a necessity and we will better prepare them for PLHS.
 - Students will still be allowed to carry bags to and from PE locker room. EL teachers will work with students on organizational skills

2016-2017 Perry-Lecompton School District Academic Calendar

Unified School District #343 2016-17 Calendar

July 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

- Inservice day
- Teacher work day
- Inservice & work day
- No classes & P/T confs.
- Evening only P/T confs
- School Closed

August [11]

11-15 -3 Inservice Days
16 - Teacher Work Day
17 - First Day of School

September [20]

5 - Labor Day (no school)
26 - Inservice (no school)

October [19]

12 - Evening Only P/T Conferences 4-8 pm
13 - No Classes - Inservice 8-12 am & P/T Conf 2-8 pm
13 - End of First Nine Weeks (39 days)
14 - Inservice/Work Day (no school)
17 - 2nd Nine Weeks Begins

November [19]

23 - 25 - Thanksgiving Break (no school)

December [14]

20 - End of Second Nine Weeks (44 days)
21 - 31 - Winter Break (no school)

January [19]

2 - Winter Break (no school)
3 - Teacher Work Day (no school)
4 - 3rd Nine Weeks Begins
16 - MLK Day - Inservice (no school)

February [18]

15 - Evening Only P/T Conferences 4-8 pm
16 - No Classes - Inservice 8-12 am & P/T Conf 2-8 pm
17 - No School

March [17]

16 - End of 3rd Nine Weeks (49 days)
17 - 1/2 Work Day (no school)
20 - 24 - Spring Break (no school)
27 - 4th Nine Weeks Begins

April [18]

14 - Good Friday (no school)
17 - Inservice (no school)

May [19]

25 - Last Day of School (42 days)
26 - 1/2 Teacher Work Day
29 - Memorial Day

January 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



Days Taught - 174
Inservice Days - 7.5
Work Days - 3.5
Parent/Teacher Conferences - 3
Teacher Contract Days - 188

Parent-Teacher Conferences: October 12 (full day of school, conferences from 4-8) & October 13 (Teacher Inservice 8-12, conferences from 2-8)
February 15 (full day of school, conferences from 4-8) & February 16 (Teacher Inservice 8-12, conferences from 2-8)

PLMS Calendar of Events

April - 2016						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
24	25 5-8 MAP Testing - Science	26 5-8 MAP Testing - Science	27 5-8 MAP Testing - LA Detention Night 5:30 - Site Council Meeting	28 5-8 MAP Testing - LA 7:30 5/6 STUCO 3:30 Track @ De Soto LT	29 5-8 MAP Testing Reading LA	30

May - 2016						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 5-8 MAP Testing - Reading	3 3:45 - Track @ Eudora	4 7-8 MAP Testing - Reading 10AM 4 th visit to PLMS 7:00 5-12 Band Concert	5 5-8 MAP Testing - Math 7:30 7/8 STUCO Detention Night	6 5-8 MAP Testing - Math	7 7/8 Band to Worlds of Fun
8	9 6:30 BoE Meeting @ DO	10 League Track @ Jeff West 2:00 PM	11 Detention Night	12 7:30 5/6 STUCO	13 8 th visit Lane Museum	14
15	16	17	18 Detention Night	19	20 8:30 8 th to Worlds of Fun	21
22	23 8:30 8 th Promotion Practice 9:30 8 th Awards Assembly 10:30 8 th Yearbook Sign 11:00 8 th student barbecue 7:00 8 th Promotion	24 9:00 5/6 Field Day 12:30 5/6 Awards Assembly 1:30 7 th Awards Assembly 2:30 7 th Yearbook Sign 3:30 Detention Night	25 Last Day for Students	26 Teachers ½ Work Day AM	27	28
29	30	31				

SPORTS PHYSICAL REMINDER:



**RETURN TO THE OFFICE
NO LATER THAN
Wednesday, May 4th**

- **SPORTS PHYSICAL FORM**
(Completed and Signed)
- **SPORTS PHYSICAL CONSENT**
(Completed and Signed)
- **\$30.00 FEE**



Sports Physicals Available During School

Sports physicals are available for all students participating in sports during the 2016 – 2017 school year. This service is offered by the Jefferson County Health Department Nursing Staff and Anna Marshall, APRN-C.

When? Thursday, May 12, 2016

Where? Perry Lecompton High School

Fee: \$30.00

The sports physical includes a physical exam by the nurse practitioner, blood pressure, height, weight, urinalysis (screening for kidney function), and a finger stick to obtain a drop of blood for a hemoglobin (screening for anemia) and blood sugar (screening for diabetes).

A sports physical is required annually for sports participation. If you wish for your child to have a sports physical at school, please sign the below consent, complete and sign the first and last pages of the Pre-Participation Physical Evaluation form and return both of these forms to the high school with the \$30 fee by Wednesday, May 4th. You may call the Jefferson County Health Department at 785-863-2447 if you have any questions regarding the physicals.

If your student has KanCare (Amerigroup, Sunflower State or United Healthcare Community Plan), this is a covered service. It is necessary to provide the insurance number ahead of time so that coverage can be verified.

Complete and Return to School by: Wednesday, May 4th

Consent for Sports Physical at School

Student Name _____ DOB _____ Current Grade _____

- Does this student have health insurance? ____ Yes ____ No
If "No", would you like an application for KanCare Insurance (a low-cost or free health insurance for children through 18 years of age)? ____ Yes ____ No
- Does this student have a physician or other primary care provider? ____ Yes ____ No
If "No", would you like a list of contact information for medical providers in our county? ____ Yes ____ No

Choose one:

____ The \$30 fee is attached – *Make checks payable to PLHS*

____ This student has KanCare (Amerigroup, Sunflower State or United Healthcare Community Plan). The following is his/her identification Number: _____

I give consent for the above named student, for whom I am authorized to provide consent, to have a sports physical completed by Anna Marshall, APRN-C and the Jefferson County Health Department nursing staff. I have received a copy of the agency's NOTICE OF PRIVACY PRACTICES with the effective date of 09/23/2013. I have also completed and signed the first page and last page of the attached Pre-Participation Physical Evaluation form.

Parent/Guardian Signature _____ Date _____

Relationship to Student _____

L:\School Nurses\Sports Physicals\Sports Physical Consent PLHS April 2013.docx



Pre-Participation Physical Evaluation

PPE

Kansas State High School Activities Association • 601 SW Commerce Place • PO Box 495 • Topeka, KS 66601 • 785-273-5329

HISTORY FORM (should be filled out by the student and parent/guardian prior to the physical examination)

Name _____ Sex _____ Age _____ Date of birth _____
 Grade _____ School _____ Sport(s) _____
 Home Address _____ Phone _____
 Personal physician _____ Parent Email _____

PPE is required annually and shall not be taken earlier than May 1 preceding the school year for which it is applicable.

Medicines and Allergies: Please list all of the prescription and over-the-counter medicines, inhalers, and supplements (herbal and nutritional) that you are currently taking: _____ No Medications

Do you have any allergies? Yes No If yes, please identify specific allergy below.
 Medicines _____ Pollens _____ Food _____ Stinging Insects _____
 What was the reaction? _____

Explain "Yes" answers below. Circle questions you don't know the answers to.

General Questions		Yes	No	Medical Questions		Yes	No
1. Have you had a medical condition or injury since your last check up or sports physical?				27. Do you cough, wheeze, or have difficulty breathing during or after exercise?			
2. Has a doctor ever denied or restricted your participation in sports for any reason?				28. Have you ever used an inhaler or taken asthma medicine?			
3. Do you have any ongoing medical conditions? If so, please identify below: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections Other: _____				29. Is there anyone in your family who has asthma?			
4. Have you ever spent the night in the hospital?				30. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?			
5. Have you ever had surgery?				31. Do you have groin pain or a painful bulge or hernia in the groin area?			
Heart Health Questions About You				Heart Health Questions About Your Family			
6. Have you ever passed out or nearly passed out DURING or AFTER exercise?				14. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)?			
7. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?				15. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?			
8. Does your heart ever race or skip beats (irregular beats) during exercise?				16. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?			
9. Has a doctor ever told you that you have any heart problems? If so, check all that apply: <input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection <input type="checkbox"/> Kawasaki disease <input type="checkbox"/> Other: _____				17. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?			
10. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram)				Bone And Joint Questions			
11. Do you get lightheaded or feel more short of breath than expected during exercise?				18. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?			
12. Have you ever had an unexplained seizure?				19. Have you ever had any broken or fractured bones or dislocated joints?			
13. Do you get more tired or short of breath more quickly than your friends during exercise?				20. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?			
Heart Health Questions About Your Family				Female Only			
14. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)?				53. Have you ever had a menstrual period?			
15. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?				54. If yes, are you experiencing any problems or changes with athletic participation (i.e., irregularity, pain, etc.)?			
16. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?				55. How old were you when you had your first menstrual period?			
17. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?				56. How many periods have you had in the last 12 months?			
Bone And Joint Questions				Explain "yes" answers here			
18. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?				_____			
19. Have you ever had any broken or fractured bones or dislocated joints?				_____			
20. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?				_____			
21. Have you ever had a stress fracture?				_____			
22. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism)				_____			
23. Do you regularly use a brace, orthotics, or other assistive device?				_____			
24. Do you have a bone, muscle, or joint injury that bothers you?				_____			
25. Do any of your joints become painful, swollen, feel warm, or look red?				_____			
26. Do you have any history of juvenile arthritis or connective tissue disease?				_____			

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete _____ Signature of parent/guardian _____ Date _____

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**KSHSAA RECOMMENDED CONCUSSION & HEAD INJURY INFORMATION RELEASE
FORM
2014-2015**

This form must be signed by all student athletes and parent/guardians before the student participates in any athletic or spirit practice or contest each school year.

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:	
<ul style="list-style-type: none"> • Headaches • “Pressure in head” • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns 	<ul style="list-style-type: none"> • Amnesia • “Don’t feel right” • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment

Signs observed by teammates, parents, and coaches include:	
<ul style="list-style-type: none"> • Appears dazed • Vacant facial expression • Confused about assignment • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily or displays incoordination • Answers questions slowly • Slurred speech 	<ul style="list-style-type: none"> • Shows behavior or personality changes • Can’t recall events prior to hit • Can’t recall events after hit • Seizures or convulsions • Any change in typical behavior or personality • Loses consciousness

Adapted from the CDC and the 3rd International Conference in Sport

What can happen if my child keeps on playing with a concussion or returns too soon?

athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one (second impact syndrome). This can lead to prolonged recovery, or even to severe brain swelling with devastating and even fatal consequences. It is well

Pre-Participation Physical Evaluation

Kansas State High School Activities Association • 601 SW Commerce Place • PO Box 495 • Topeka, KS 66601 • 785-273-5329

PPE

PHYSICAL EXAMINATION FORM

Name: _____ Date of birth: _____

Date of recent immunizations: Td _____ Tdap _____ Hep B _____ Varicella _____ HPV _____ Meningococcal _____

PHYSICIAN REMINDERS

1. Consider additional questions on more sensitive issues

- Do you feel stressed out or under a lot of pressure?
- Do you ever feel sad, hopeless, depressed, or anxious?
- Do you feel safe at your home or residence?
- Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
- During the past 30 days, did you use chewing tobacco, snuff, or dip?

- Do you drink alcohol or use any other drugs?
- Have you ever taken anabolic steroids or used any other performance supplement?
- Have you ever taken any supplements to help you gain or lose weight or improve your performance?
- Do you wear a seat belt and use a helmet?

2. Consider reviewing questions on cardiovascular symptoms (questions 6–17).

EXAMINATION			
Height	Weight	Male <input type="checkbox"/> Female <input type="checkbox"/>	I BP (corrected for height/age) / (/) Pulse
Vision R 20/	L 20/	Corrected: Yes <input type="checkbox"/> No <input type="checkbox"/>	
MEDICAL	NORMAL	ABNORMAL FINDINGS	
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)			
Eyes/ears/nose/throat • Pupil equal • Gross Hearing			
Lymph nodes			
Heart • Murmurs (auscultation standing, supine, +/- Valsalva) • Location of point of maximal impulse (PMI)			
Pulses • Simultaneous femoral and radial pulses			
Lungs			
Abdomen			
Genitourinary (males only)**			
Skin • HSV, lesions suggestive of MRSA, tinea corporis			
Neurologic***			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand/fingers			
Hip/thigh			
Knee			
Leg/ankle			
Foot/toes			
Functional • Duck-walk, single leg hop			

*Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam. **Consider GU exam if in private setting. Having third party present is recommended.
***Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

Cleared for all sports without restriction

Cleared for all sports without restriction with recommendations for further evaluation or treatment for _____

Not cleared

Pending further evaluation

For any sports

For certain sports _____

*Reason _____

Recommendations _____

I have examined the above-named student and student history and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of healthcare provider (print/type) _____ Date _____
 Address _____ Phone _____
 Signature of healthcare provider _____, MD, DO, DC, PA-C, APRN
 (please circle one)

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ATTENTION PARENTS AND STUDENTS KSHSAA ELIGIBILITY CHECK LIST

PPE shall not be taken earlier than May 1 preceding the school year for which it is applicable.

NOTE: Transfer Rule 18 states in part, a student is eligible transfer-wise if:

BEGINNING SEVENTH GRADER—A seventh grader, at the beginning of his or her seventh grade year, is eligible under the Transfer Rule at any school he or she may choose to attend. In addition, age and academic eligibility requirements must also be met.

BEGINNING NINTH GRADERS IN A THREE-YEAR JUNIOR HIGH SCHOOL—So that ninth graders of a three-year junior high are treated equally to ninth graders of a four-year senior high school, a student who has successfully completed the eighth grade of a two-year junior high/middle school, may transfer to the ninth grade of a three-year junior high school at the beginning of the school year and be eligible immediately under the Transfer Rule. Such a ninth grader must then as a tenth grader, attend the feeder senior high school of their school system. Should they attend a different school as a tenth grader, they would be ineligible for eighteen weeks.

ENTERING HIGH SCHOOL FOR THE FIRST TIME—A senior high school student is eligible under the Transfer Rule at any senior high school he or she may choose to attend when senior high is entered for the first time at the beginning of the school year. In addition, age and academic eligibility requirements must also be met.

For Middle/Junior High and Senior High School Students to Retain Eligibility

Schools may have stricter rules than those pertaining to the questions above or listed below. Contact the principal or coach on any matter of eligibility. A student to be eligible to participate in interscholastic activities must be certified by the school principal as meeting all eligibility standards.

All KSHSAA rules and regulations are published in the official *KSHSAA Handbook* which is distributed annually and is available at your school principal's office.

Below Are Brief Summaries Of Selected Rules. Please See Your Principal For Complete Information.

- Rule 7 Physical Evaluation - Parental Consent**—Students shall have passed the **attached evaluation** and have the written consent of their parents or legal guardian.
- Rule 14 Bona Fide Student**—Eligible students shall be a **bona fide undergraduate member** of his/her school in good standing.
- Rule 15 Enrollment/Attendance**—Students must be regularly **enrolled and in attendance** not later than Monday of the fourth week of the semester in which they participate.
- Rule 16 Semester Requirements**—A student shall not have more than two semesters of possible eligibility in grade seven and two semesters in grade eight. A student shall not have more than eight semesters of possible eligibility in grades nine through twelve, regardless of whether the ninth grade is included in junior high or in a senior high school.
NOTE: If a student does not participate or is ineligible due to transfer, scholarship, etc., the semester(s) during that period shall be counted toward the total number of semesters possible.
- Rule 17 Age Requirements**—Students are eligible if they are not 19 years of **age (16, 15 or 14 for junior high or middle school student)** on or before September 1 of the school year in which they compete.
- Rule 19 Undue Influence**—The use of **undue influence** by any person to secure or retain a student shall cause ineligibility. If tuition is charged or reduced, it shall meet the requirements of the KSHSAA.
- Rules 20/21 Amateur and Awards Rules**—Students are eligible if they have not **competed under a false name** or for money or merchandise of intrinsic value, and have observed all other provisions of the Amateur and Awards Rules.
- Rule 22 Outside Competition**—Students may not engage in **outside competition** in the same sport during a season in which they are representing their school.
NOTE: Consult the coach or principal before participating individually or on a team in any game, training session, contest, or tryout conducted by an outside organization.
- Rule 25 Anti-Fraternity**—Students are eligible if they are not members of any **fraternity** or other organization prohibited by law or by the rules of the KSHSAA.
- Rule 26 Anti-Tryout and Private Instruction**—Students are eligible if they have not participated in **training sessions or tryouts** held by colleges or other outside agencies or organizations in the same sport while a member of a school athletic team.
- Rule 30 Seasons of Sport**—Students are not eligible for more than **four seasons** in one sport in a four-year high school, three seasons in a three-year high school or two seasons in a two-year high school.

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Student's Name _____
(PLEASE PRINT CLEARLY)

To be eligible for participation in interscholastic athletics/spirit groups, a student must have on file with the superintendent or principal, a signed statement by a physician, chiropractor, physician's assistant who has been authorized to perform the examination by a Kansas licensed supervising physician or an advanced practice registered nurse who has been authorized to perform this examination by a Kansas licensed supervising physician, certifying the student has passed an adequate physical examination and is physically fit to participate (See *KSHSAA Handbook, Rule 7*). A complete history and physical examination must be performed annually before a student participates in KSHSAA interscholastic athletics/cheerleading. **The annual history and the physical examination shall not be taken earlier than May 1 preceding the school year for which it is applicable.** The KSHSAA recommends completion of this evaluation by athletes/cheerleaders at least one month prior to the first practice to allow time for correction of deficiencies and implementation of conditioning recommendations.

Parent or Guardian Consent

I do not know of any existing physical or any additional health reasons that would preclude participation in activities. I certify that the answers to the questions in the **HISTORY** part of the Preparticipation Physical Examination (PPE), are true and accurate. I approve participation in activities. I hereby authorize release to the KSHSAA, school nurse, certified athletic trainer, school administrators, coach and medical provider of information contained in this document. Upon written request, I may receive a copy of this document for my own personal health care records.

I acknowledge that there are risks of participating, including the possibility of catastrophic injury.

I hereby give my consent for the above student to compete in KSHSAA approved activities, and to accompany school representatives on school trips and receive emergency medical treatment when necessary. It is understood that neither the KSHSAA nor the school assumes any responsibility in case of accident. The undersigned agrees to be responsible for the safe return of all equipment issued by the school to the student.

**The above named student and I have read the
KSHSAA Eligibility Check List
and how to retain eligibility information listed in this form.**

For Middle/Junior High and Senior High School Students to Determine Eligibility When Enrolling

If a **negative** response is given to any of the following questions, this enrollee should contact his/her administrator in charge of evaluating eligibility. This should be done before the student is allowed to attend his/her first class and prior to the first activity practice. If questions still exist, the school administrator should telephone the KSHSAA for a final determination of eligibility. (Schools shall process a Certificate of Transfer Form T-E on all transfer students.)

YES NO

1. Are you a bona fide student in **good standing** in school? (If there is a question, your principal will make that determination.)

2. Did you **pass at least five new subjects (those not previously passed)** last semester? (The KSHSAA has a minimum regulation which requires you to pass at least five subjects of unit weight in your last semester of attendance.)

3. Are you planning to **enroll in at least five new subjects (those not previously passed)** of unit weight this coming semester? (The KSHSAA has a minimum regulation which requires you to enroll and be in attendance in at least five subjects of unit weight.)

4. Did you **attend** this school or a feeder school in your district last semester? (If the answer is "no" to this question, please answer Sections a and b.)

a. Do you reside with your parents?

b. If you reside with your parents, have they made a permanent and bona fide move into your school's attendance center?

The student/parent authorizes the school to release to the KSHSAA student records and other pertinent documents and information for the purpose of determining student eligibility. The student/parent also authorizes the school and the KSHSAA to publish the name and picture of student as a result of participating in or attending extra-curricular activities, school events and KSHSAA activities or events.

Parent or Guardian's Signature _____ Date _____

Student's Signature _____ Date _____ Birth Date _____ Grade _____