Glenburn Public School Newsletter August 2022



School Start Date

School will be starting Wednesday, August 17, 2022 at 8:30 a.m. for all students in grades PK-12. Classes will run until 3:10 p.m. Only students who are participating in the breakfast program are to be in the building before 8:10 a.m.



Open House—August 15, 2022
Grades— Pre-K—12th
From—6:30 p.m.—7:30 p.m.



High School Registration

There will be high school

Registration for grades 9-12 on August 10, 2022. Registration will take place in the commons area from 9:00 a.m.-12.00 p.m. and 1:00 p.m—4:00 p.m.

Bus Routes

A week or so before school starts the bus drivers will be contacting their families. Information will be given at that time on route schedules and time of pick up. If your student in not going to ride the bus **please** contact the

bus driver the night before.

If you were not able to get ahold of your bus driver,

please call them at 6:45

a.m. the next morning or contact the school starting

at 7:00 a.m. and we will radio the bus driver of the change. If you are new to the school district and need bus service to your residence, please contact the school, so revisions in the routes can be made.

Behavior on buses: THE TRANSPORTATION IS
A PRIVILEGE AND NOT A RIGHT!!! Should
students behave inappropriately they will be
removed from the bus and parents will be responsible for transporting them to and from
school. Thank you for your cooperation.

Updated Information

Have you moved, changed phone numbers or changed your email address? We ask that

you please update your information with the school office, as soon as possible. Please take time to do this so you are accessible. Thank you!





This fall, meals will return to paid for status. Families will need to pay full price for student meals or fill out an application to quality for free or reduced price meals. Lunch prices are as follows: Elementary: Breakfast \$1.85, Lunch \$2.50; High School: Breakfast \$1.95, Lunch \$2.75.

Physical Education

All students PK-12 will be required to have non-marking soles on their shoes to be worn only for indoor physical education activities. These shoes should also be very supportive due to the many strenuous activities in which they participate

Physical Forms

All students will need a current physical for the 2022-2023 school year. If you had a physical last spring it will have to have been dated April 15, 2022 or after. If you did not have a physical last year you will need to go to a physician and acquire a physical. Those studentathletes in grades 5-12, boys and girls, must have a physical form completed and signed. The student-athletes must then bring this form to the office or HE/SHE WILL NOT BE ALLOWED TO PRACTICE. You may pick up a copy of the new forms in the office OR at your request we can mail a copy. Please see the attached form in the August newsletter.

Football Grades 7-12

Practice will begin on Thursday August 4, 2022 at 8:00 a.m. for grades 9-12. Practice will begin for JH, August 8, 2022 at 8:00am. The bus will leave from Glenburn for practice, time will be determined at the football meeting.

Please remember that a

PHYSICAL MUST be on record in the office be-

fore you may practice.



ALSO, your **SPORTS FEE** of \$15.00 must be paid **BEFORE** the **first game**.

9-12 Volleyball

- Volleyball Captains Practices for grades 9-12 will be August 8-12 from 10:00-11:30 a.m. These practices are a great chance to get back into shape and to work on volleyball skills. Contact Val Stevens and DeAnna Heinze for more information.
- High School Practices will begin August 15, 2022 at 3:30.

Make sure to bring appropriate clothing. Non-marking shoes, kneepads, water bottle and a positive attitude to all practices and games. Also, remember that you must have a physical on record in the office before you may practice. ALSO, your sports fee of \$15.00 needs to be paid before the first game.

7th & 8th Volleyball

Welcome to Junior High Panther Volleyball!! We are very excited to have the opportunity to be involved in such a great sport and we look forward to working with your child.

Practice starts on August 22, 2022 at 3:15 in the old gym. On the first day of practice, please make sure to wear athletic clothes, gym shoes, water bottle and knee pads (if you have them). We will **NOT** practice on Wednes-

days. Athletes must have a completed physical form in the office before they will be allowed to practice and their \$15.00 sports fee must be paid before their first game. Current physicals will be REQUIRED!! Parents and athletes also need to sign Acknowledgement of Risk and Concussion Fact Sheet. A practice and game schedule will be handed out so you can plan around doctor.

can plan around doctor appointments, vacations, any other out of school activities.

Junior High School
Parent/Athlete Meeting
will be Friday, August 19th at 8:00 a.m. in the commons area.

Boys Basketball

Grades 5 & 6

Glenburn Elementary Boys Basketball will begin August 22nd, 2022, right after school. The boys will need an UPDATED PHYSICAL that is signed by a doctor and parents before they are eligible to play.

Please read the information on physical forms in the August newsletter. Parents and athletes also need to sign Acknowledgement of Risk, Concussion Fact Sheet and Student Handbook. A practice and game schedule will be handed out so you can plan around doctor appointments, vacations, or any other out of school activities.

Sick Children

It is difficult to help a sick child contact a par-

ent if the child does not know the phone number of your place of employment. All grades PK-6 students will be given forms to



be filled out and returned to the school with the proper information needed in these cases. Please be watching for this paper the first few days of school. FOR ALL FAMILIES: IF THERE ARE ANY CHANGES IN YOUR CELL, HOME, OR WORK PHONE NUMBERS DURING THE SCHOOL YEAR, PLEASE CONTACT JENNIFER OR LINDA IN THE OFFICE.

advertising of alcohol and tobacco products, profanity, or lewd suggestive phrases or images on clothing will not be allowed. **Clothing that is**



determined to be too revealing will not be allowed. The administration will issue clothing to the student to be worn for the remainder of the day. Parents will be notified of the dress code infraction. The wearing of shorts will be an option. If a student wears shorts prior to administrative permission he/she will lose test exemption privileges.

Additional Dress Code Regulation: 1) No baggy coats will be allowed in the classroom. 2) Shirts must be below the belt line (no skin showing). 3) No bare shoulders or bare backs. Straps must be two fingers wide. 4) Shorts/skirts/dresses must come to mid-thigh. 5) No backpacks will be allowed in the classroom. 6) No boxer shorts or other under garments exposed. 7) No caps, bandannas, or other head coverings are allowed, including headbands.

8) No cleavage shall be exposed.

Dress Code

(Taken directly from the **Student Handbook**): Personal appearance is usually an index to the attitudes and behavior patterns of an individual. For this reason, Glenburn School stresses appropriate dress and good grooming. The

Activity Fees

Activity Tickets: Grades K-12......\$30.00 each with a cap of \$100.00 per family on **student activity tickets** ONLY.

Glenburn Public School

To Parents and Staff of Glenburn Public School

From: Larry Derr, Supt.

In compliance with the US Environmental Protection Agency (EPA) Asbestos Hazard Emergency Response Act (AHERA), in the fall of 1988 we performed inspection of our school buildings for asbestos containing materials. The inspection findings and asbestos management plans have been on file in the school administrative office since that time.

The EPA requires us to perform re-inspections of the asbestos materials every thee years. An accredited inspector/management planner from the Weather Inc. Company from Minot, ND performed the re-inspection of our school building in May 2019 and issued a report regarding the results. There were no significant changes in the condition of the limited amount of asbestos in our building.

All asbestos containing materials in our school are in good condition and we will continue to manage them in place, as recommended by the accredited management planner.

The results of the re-inspection are on file in the management plan in the school Superintendent's office. Everyone is welcome to view these any time during normal school hours. Our asbestos program manager is the superintendent who is available to answer any questions you may have about asbestos in our building at 362-7426.

We are intent on not only complying with, but also exceeding federal, state and local regulations in this area. We plan on taking whatever steps are necessary to insure your children and our employees have a safe and healthy environment in which to learn and work.

School District Profile

Every year the Glenburn Public School District, in cooperation with the North Dakota Department of Public Instruction, publishes an annual report on student achievement called the School District Profile. This profile is now available for your review. I encourage you to access and study this important information. This report demonstrates the progress our students are making in terms of our challenging academic standards. Your may access the School District Profile for the Glenburn Public School District on the Department of Public Instruction's website at the following address: http://www.dpi.state.nd.us/dpi/reports/profile/ index.shtm. Simply select the Glenburn School District and the most recent year to access the various reports available. If you prefer, the staff at our central office will assist you and provide a printed copy to review.

Parent's Right To Know

Through federal education law, parents have the right to request in formation on the professional qualifications of the teachers and paraprofessional at our school. If you are interested in learning this information, please contact the school administration office at 362-7426. Upon this request, you will receive a detailed explanation of the licensing education, experience and highly qualified status of each of our teachers. Your will also receive information regarding the names and qualifications of the paraprofessionals at our school.

PPRA Consent/Opt-Out for Specific Activities

The Glenburn Public School District does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs or activities.

All vocational opportunities will be offered

without regard to race, color, national origin, sex or disability.

Title IX Coordinator: Larry Derr: PO Box 138, Glenburn, ND 58740; email address: larry.kerr@k12.nd.us

504 Coordinator (HS): Jim Swegarden: PO Box 138, Glenburn, ND 58740: 701-362-7426; email address: jim.swegarden@k12.nd.us

504 Coordinator (Elem); Layne Fluhrer: PO Box 138, Glenburn, ND 58740; 701-362-7426: email address: layne.fluhrer@k12.nd.us

Notice of Policy on Opting Out of Assessments

The Glenburn School District Board has adopted a policy on approval and denial of state and federal assessment opt-out requests, which is based on requirements in law. The policy can be requested by contacting the school business office at 701-362-7426.





Board Meetings 2022-2023

Meetings are held in the conference room, located in the office at 6:00 p.m. However, times and location are subject to change. Contact the superintendent at least one week prior to the meeting if you wish to be put on the agenda.

Monday, July 18, 2022

Monday, August 8, 2022

Monday, September 12, 2022

Monday, October 10, 2022

Monday, November 14, 2022

Monday, December 12, 2022

Monday, January 9, 2023

Monday, February 13, 2023

Monday, March 13, 2023

Monday, April 10, 2023

Monday, May 8, 2023

Monday, June 12, 2023 (SB Election June 7, 2023—7:00am—7:00pm Library)

Monday July 17, 2023



GLENBURN PUBLIC SCHOOL REGULAR SCHOOL BOARD MEETING

May 9, 2022 6:00 PM BOARD ROOM

The meeting was called to order by School Board President Peters. Other members present were

Dianne Hensen, Amy Cunningham, Scott Heit and Jamee Hansen. Quorum was established. Also present was Superintendent Larry Derr and Business Manager Jennifer Hansen.

Others attending the meeting were Principal Layne Fluhrer, Principal James Swegarden, Kallie Stevens (GEA) and Jenna Johnson (GEA).

AGENDA:

Heit moved to approve the agenda with the deletion of (D) Approve SPED Contract, the addition of (F) Teacher Contracts, (G) Classified Staff, (H) Elementary Principal, (I) Secondary Principal, (J) Superintendent Contract; Cunningham seconded; motion carried.

MINUTES OF PREVIOUS MEETING:

Hansen moved to approve the minutes from April 11, 2022 regular meeting; Cunningham seconded; motion carried.

FINANCIAL REPORTS:

Cunningham moved to approve financial report, paid bills, bills to be paid, and activity report. Heit seconded, the April 2022 General Fund revenue report of \$378,972.09, April 2022 General Fund expenditure report of \$376,319.97 (ck #'s 72776-72838, direct de-

posit stub #'s 16380-16507), and the General Fund accounts payable bills to be paid of \$252,305.63; motion carried.

COMMITTEE REPORTS:

Negotiations – (Cunningham, Heit) went well, GEA was very easy to work with Policy Committee – (Hensen) HCAA-BR will be updated in May

School Improvement – (Heit) none Facility – (Peters) update sub pumps ADMINISTRATIVE REPORTS:

Elementary Principal's Report (Layne Fluhrer)

Reading Curriculum – PK-2 Super Kids or K-2 Amplify, and 3-8 Amplify or EL MAPS testing is finishing up – happy with map scores with new curriculum

Field Trips – 4 graders are going to Bismarck, PK-3 went to the zoo, had to cancel our Lowes garden due to snow storm

Elementary Concert was last Thursday Kindergarten and PK graduation is Wednesday

Play Day will be May 16 Last Day of School is May 18

Interviews set up on Sunday for position – 3 interviews

Kallie Stevens will be transitioning to Elem PE

AD

PWGBB finished up las Friday Baseball plays tomorrow at noon for the Region Regular Season Title

Softball plays tomorrow against Stanley and Tioga – looking at ending 4-6 in region

Track goes to CNDC meet tomorrow in Rugby

Golf goes to Velva tomorrow – Luke and Jordan qualified last week in Underwood

Athletic Banquet is May 15 at 7pm **High School Principal's Report** (James Swegarden)

Enrollment 107

MAP testing is just concluding. We are down to just 1 student left. Scores are

up for the most part Sources of Strength – did a Peer Leader

Training last Thursday Last full week of school

Finals next Monday – Wednesday

Senior Banquet on Wednesday at 6:30 with the baccalaureate to follow at TLC

HS Band concert tonight

State music last Saturday, we had 6 out of 6 performances receive star ratings with 3 of them also receiving recognition for outstanding performances.

School Improvement review – waiting on the results

Graduation is May 22 at 1pm in the gym. I need two board members to join Mr. Derr and me on stage

Superintendent's Report (Larry Derr)

We are in the process of working on the district 3 and 5 year plan that is due towards the end of June. We will have to do the meeting in June before the regular board meeting.

CREA Update

Teacher retention
Sharing staff with local districts
Block scheduling (discussion was not ideal
for some areas of study)
Dual Sport Athletes

Board President's Report: None **NEW BUSINESS:**

- A.) CD renewal Discussion Cunningham made a motion to renew the CD at a 6mn or 12mn term with the best rate; Heit seconded; roll call vote was taken with all voting yes; motion carried.
- **B.)** Open Enrollment/Tuition Free Agreements –none
- C.) Approve SPED Contract Hansen made a motion to approve the contract for Christina Lynnes per ESPB approval of alternative access license; Hensen seconded; roll call vote was taken with all voting yes; motion carried.

 D.) Policies Hensen made a motion to rescind policy IDC; Heit seconded; roll call vote was taken with all voting yes; motion carried. Hensen made a motion to approve GACG and

IDC for first reading; Heit seconded; roll call vote was taken with all voting yes; motion carried.

- **E.)** Maintenance Position Heit made a motion to approve Robert Horn as head maintenance with a 60 day probationary period at \$17/ hr after probationary period move to \$18/ hr; Cunningham seconded; roll call vote was taken with all voting yes; motion carried.
- **F.)** Teacher Contracts Cunningham made a motion to approve the teacher base increase to \$41,000 and give each teacher step increase of \$550; Heit seconded; roll call vote was taken with all voting yes; motion carried.
- G.) Classified Staff Cunningham made a motion to increase classified wages by 75 cents and bus drivers by 50 cents for the 2022-2023 school year; Heit seconded; roll call vote was taken with all voting yes; motion carried.
- H.) Elementary Principal contract—Cunningham made a motion to approve increase to base pay \$750 for the 2022-2023 school year; Heit seconded; roll call vote was taken with all voting yes; motion carried.
- I.) Secondary Principal contract Cunningham made a motion to increase to base pay \$1500; Heit seconded; roll call vote was taken with all voting yes; motion carried.
- **J.**) Superintendent contract- Cunningham made a motion to approve increase to base pay by \$1500; Heit seconded; roll call vote was taken with all voting yes; motion carried.

Hensen moved to conclude the executive session, Nash seconded; roll call vote was taken with all voting yes; motion carried. Executive session was concluded, and the regular meeting was resumed.

Hensen moved to adjourn, Heit seconded; meeting was adjourned at 6:36 p.m.

James Peters, Board President s/Jennifer Hansen, Business Manager

GLENBURN PUBLIC SCHOOL REGULAR SCHOOL BOARD MEETING June 13, 2022 6:00 PM Board Room

The meeting was called to order by Board President James Peters. Other members present were Dianne Hensen, Amy Cunningham, Scott Heit, and Jamee Hansen. Quorum was established.

Also present was Superintendent Larry Derr, Business Manager Jennifer Hansen, and Rebecca Young.

AGENDA:

Additions to agenda: I) Designate Superintendent for Consolidated App Signee Cunningham moved to approve the agenda with the addition, Heit seconded; motion carried.

MINUTES OF PREVIOUS MEETING:

Hansen moved to approve the minutes as printed of the May 9, 2022 regular meeting, May 2, 2022 and May 17, 2022 Special meetings; Cunningham seconded; Motion carried.

FINANCIAL REPORTS:

Cunningham moved to approve, Heit seconded, the May 2022 General Fund revenue report of \$64,924.04, May 2022 General Fund expenditure report of \$650,379.24 (ck #'s 72839-made a m 72937, direct deposit stub #'s 16508-17058), General Fund accounts payable bills to be paid of \$311,601.13, Activity Fund Reports as presented; motion carried.

COMMITTEE REPORTS:

Negotiations – none

School Improvement – Heit spoke about an electric bus grant

Policy Committee – None

Facility - None

ADMINISTRATIVE REPORTS:

Elementary Principal's Report (Layne Fluhrer) - None

High School Principal's Report (James Swegarden) – None

Superintendent's Report (Larry Derr)

Gym Floor has be waxed We currently have 27 students on the waiting list for preschool waiting list for preschool

Board President's Report: none UNFINISHED BUSINESS:

A.) Policies: GAGG, IDC 2nd Reading – Hensen made a motion to approve the two policies; Cunningham seconded; roll call vote was taken with all voting yes; motion carried. **NEW BUSINESS:**

A.) Tuition free Agreements/Open Enrollments – None

- **B.)** Canvass Election Results Business Manager Hansen presented and read aloud the 2022 School Board Election results. Hensen moved to approve the election results as presented, Heit seconded; roll call vote was taken with all members voting yes; motion carried.
- C.) 3-5 Year Plan Hansen made a motion to approve the plan; Cunningham seconded; roll call vote was taken with all voting yes; motion carried.
- **D.)** Greenhouse Cunningham made a motion to sell the greenhouse without the heater; Hansen seconded; roll call vote was taken with all voting yes; motion carried.
- E.) Drainage Ditch we will make calls to have someone come take a look to get the issue fixed
- F.) Old Gym Lobby Bathrooms Hansen made a motion to cap the bathrooms off; Cunningham seconded; roll call vote was taken with all voting yes; motion carried.
- G.) Teacher Contract Hensen made a motion to approve Paige Vad as the JH English/ Science teacher; Cunningham seconded; roll call vote was taken with all voting yes; motion carried.
- H.) Teacher Contract Heit made a motion to approve Robert Anderson as the new 4th grade teacher; Hansen seconded; roll call vote was taken with all voting yes; motion carried.
- I.) Designate Superintendent for Consolidated App signee Hensen made a motion to approve; Hansen seconded; roll call vote was taken with all voting yes; motion carried.

Cunningham moved to adjourn the meeting, Heit seconded; meeting was adjourned at 6:44 p.m.

GLENBURN SCHOOL SUPPLY LIST 2022-2023

Preschool-Mrs. Jones

Backpack (please label with name)

Small Blanket and Pillow for rest time (label with name)

1 pair of **Non-Marking** gym shoes to be left at school

1 oversized t-shirt for a paint shirt (label with name)

Hand Sanitizer 1 Container Clorox Wipes 1 (8 count) box of Crayola WASHABLE Markers 2 Elmer's Glue Sticks

2 Sturdy 2 pocket folders 3 Elmer's Liquid Glue Bottle

1 (4 pack) fine point dry erase markers-low odor 1 (8 count) box of large Crayola Crayons

Water Bottle (Label with name) 1 Box of Band Aids

Bag/Box of Cups for Drinking

Once the weather turns, your child will need snow pants, snow boots, winter coat, hat, gloves (preferably thick, not thin)

and scarf. Please label these items.

Kindergarten-Mrs. Olafson

2-8 count box of Classic Crayola Crayons-small size Pack of #2 yellow reg. sized pencils 2 (4pack) Fine point dry erase markers (no fancy pencils with plastic wrap)

1 Elmer's Liquid Glue 1-Two pocket folder-Plastic

8 Elmer's Glue Sticks 1 Pair of NON-MARKING gym shoes to

1-8 count box of Crayola WASHABLE Markers be left at school 1 Pencil box Paint shirt (Label)

Head Phones **NO** ear buds 1 Container Clorox Wipes

1-Notebook Backpack (Label)

Once the weather turns, your child will need snow pants, snow boots, winter coat, hat, gloves (preferably thick, not thin)

and scarf. Please label these items.

Grade 1-Miss Johnson

24 Count box Classic Crayola Crayons 2 Boxes Dry Erase Markers

#2 Pencils1 Paint shirt1 Box of 24 colored pencils1 Elmer's GlueSmall Fiskars Scissors (metal blade)2 Glue Sticks8 count box Crayola Classic Colors WASHABLE Markers2 Erasers

1 (4 pack) Fine point dry erase markers 1-1" or 2" Binder

1 Wide ruled notebook 1 Small pencil box (must fit in desk)
2-Two-Pocket folders 1 pair of **NON-MARKING** gym shoes to

Head Phones **NO** Ear Buds be left at school

Water Bottle (Label with name)

Please Label Items

Grade 2-Mrs. Hagen

2 Box Kleenex 1 Package of 12 pencils

4 Glue Sticks Scissors

Pencil box/case-must fit in desk 2 or more erasers
1-24 Box of crayons 1 Box of colored pencils

2-Folders with 2 pockets (1-red, 1 of choice)
4 Notebooks
1-1 1/2" Binder
Hand Sanitizer

2-Highlighters NON-MARKING gym shoes-leave at school

Hand Sanitizer

Water Bottle (Label with name)

Paint shirt

Headphones/Ear Buds

1-4pk Dry Erase Markers

Washable Markers

Grade 3-Mrs. Fluhrer

1 Pkg 3x5 blank note cards (no lines) 1 pair of NON-MARKING GYM SHOES Crayons.

Colored pencils, and/or Markers Hand Sanitizer-if you prefer own bottle

2 Two pocket folders Elmer's glue AND glue sticks 1 (12 pack) #2 Pencils Pencil box or pouch

2 Large pink erasers

Ruler showing centimeters & inches 1 (4 pack) Fine Point dry erase markers

Headphones or ear buds 1 Red pen Large box of Kleenex 2 Highlighters 1 Composition Notebook Scissors

1 Black Sharpie

Water Bottle (Label with name)

Grade 4-Mr. Robert Anderson

1 Box of #2 Pencils Water Bottle (Label with name) 1 Pen 1 Ruler with inches and centimeter

Crayons, Markers and/or Colored Pencils Scissors

1 (4 pack) Dry Erase Markers 2-Folders

1 Black Sharpie Headphones or earbuds 1 Glue Stick and 1 Glue Bottles 1 Pencil pouch or box

1 Highlighter 2 LARGE boxes of Kleenex

3- notebooks (any color) Hand Sanitizer

Grade 5-Miss Dufner

1 Package of #2 pencils (NO MECHANICAL) 1-Folder for Reading

Headphones/Earbuds 1-Notebook and folder for Math

Glue sticks 1-Notebook and folder for Language Arts

Eraser 1-Container Clorox Wipes Ruler Water Bottle (Label with name)

1-Box of crayons or colored pencils Gym shoes-NON-MARKING 2-Packages dry erase markers 2-Box of tissues

2-Highlighters Hand Sanitizer Scissors Backpack

Grade 6-Mrs. Derr

1-Pencil box or pouch Headphones or ear buds #2 Pencils Black Sharpie

1 Glue stick and 1 Glue Bottle 4-Notebooks (1 green, 1 blue, 1 yellow, 1 red)

1 Composition Notebook

5-Folders (1 green, 1 blue, 1 yellow, 1 red, 1 of choice)

Gym Shoes-NON MARKING Large Erasers

1-Box of Kleenex 1-Package of dry erase markers

Scissors Highlighters

Crayons or colored pencils or markers Water Bottle (Label with name)

Some Required Supplies for Grades 7-12

ENGLISH-Pens/Pencils, 1-Notebook, 1-Folder and 1-1" Binder

HEALTH (7th grade)-Pencil, single subject spiral notebook, (1) folder with pockets

MATH-3-ring binder-2 inch, 2-1 subject notebooks, pencils, erasers and dry erase markers.

Mrs. Barth-Social Studies-Folder with prongs OR 1-1.5 inch binder with loose leaf paper or notebook, 1 composition notebook, pencils and pens.

Mrs. Skarsgard-1 Folder with pockets, 1 package loose leaf paper, 1-1.5 inch binder and colored pencils

SCIENCE-Notebook, <u>Folder</u> and/or 3 ring binder and colored pencils.

ACCOUNTING - single subject notebook, 3-ring binder (1"or2"), blue ink pen, pencil, ruler, calculator



August 2022

			V	1	
Sun		7	14	21	28
Mon	I	∞	In-service for Teachers Open House—PreK thru 12 grade 6:30pm -7:30pm	22 Ist Day ITV Classes JH/JV-FB vs Surrey @ 4:30/6:30pm	29 JH/JV FB @ MLS 4:30/6:30 pm
Tue	2	9	16	23 1st Day College Clas- ses	30 V/JV Volleyball @ Towner 6:00/7:00
Wed	3	10	METCOMEN	24	31
Thu	4 Varsity FB Practice Starts	II	18	25	
Fri	5	12	19 V-Football @ Westhope 7.00pm	26 V-FB @ Surrey 7:00pm	
Sat	Q	13	20	27	

September

Sun

Mon

Tue

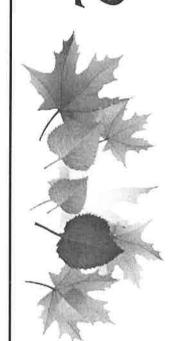
Wed

Thu

Fr.

Sat

2022



Homecoming
29 VIJV VB @ Rugby 6:00/7:00 JH VB vs Surrey 4:00/5:00
22 V/JV VB @ Berthold 6:00/7:00 JH VB @ Berthold 4:00/5:00
8 W/JV Volleyball vs WNG 6:00/7:00 JH Volleyball vs WNG 4:00/5:00



Sun

Mon

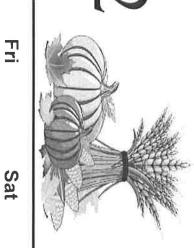
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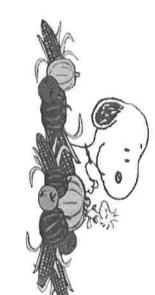
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2022



30	23		16	9	2	
31 VB District @ Minot	24		17 VJV VB vs Tioga 5:00/6:00	10 CREA PD Day—No School JH VB @ Nedorse 4:00/5:00	3 JH/JV Football @ Rolette 4:30/6:00 JH VB @ Kenmare 4:00/5:00	
Senior Night 6:00/7:00	25 V/JV vs Nedrose—		18 VJV @ Underwood 6:00/7:00	11 V/JV VB vs Ryan 6:00/7:00 Picture Retake Day	4 College Application Day— BND I'JV VB vs MLS 6:00/7:00 JH VB vs MLS 4:00/5:00	
	26		19	12	U)	
Volleyball District @ Minot	27	NO S TEACHERS	20	13 PT Conferences 3:00-9:00 JH VB @ Granville 4:00/5:00	6 V/JV VB @ ORCS 6:00/7:00	
rict @ Minot	28	NO SCHOOL TEACHERS CONVENTION	21	14 No School In Lieu of Day	7 V-FB @ Westhope 7:00pm/ Homecoming	
	29		22	15	8 NWC VB Tourney—TBD JH VB Tourney @ Berthold—TBD	I

November 2022



		6	13	20	27
			3	9	7
		7 VB Regionals @ Minot Aud.	14	21	28
I		8 Minot Aud	15	22 School Picture Retakes	29
2		9	16	23	30
3		10 Early Out 1:00pm	17 STATE	Themps quering No	
A	NW Music F	Veterans Day NO SCHOOL	18 19 STATE VOLLEYBALL IN BISMARCK	25 SCHOOL	
5	NW Music Festival @ MSU	12	19 ARCK	26	

Glenburn Public School Meal Charge Policy & Procedure 2022-2023

I. Purpose

Glenburn Public School is committed to providing quality meals to students each day. However, unpaid charges place a large financial burden on our school. The purpose of this policy is to insure compliance with federal reporting requirements for the USDA Child Nutrition Program, and to provide oversight and accountability for the collection of outstanding student meal balances. While the USDA Child Nutrition Program does not require that a student who pays for a meal be served a meal without payment, the Glenburn Public School provides this policy as a courtesy to those students in the event they forget or lose their lunch money.

To improve communications between home and school, we encourage you to provide the school with an e-mail address. This enables you to receive an automated low balance email notification ensuring that lunch accounts are always filled. Parents can apply any amount to the account but it is recommended to **pay in advance** the amount your student might spend in a month. PowerSchool Parent is a tremendous tool for parents and provides an excellent way for you to keep track of your child's lunch balance. If you have not yet obtained a PowerSchool Parent account, please contact the School today.

II. MealPrices

Elementary

Breakfast: \$1.85/No charge for Free and Reduced-price meals

Lunch: \$2.50/Reduced-price meals \$.40/No charge for Free-price meals

Ala Carte Milk: \$.25/Pay cash at time of purchase/No charges

Secondary

Breakfast: \$1.95/No charge for Free and Reduced-price meals

Lunch: \$2.75/Reduced-price meals \$.40/No charge for Free-price meals

Ala Carte Milk: \$.25/Pay cash at time of purchase/No charges

Policy. The goal of this policy is to treat all students with dignity and respect while promoting parental responsibility for meal payments and self-responsibility of the student.

Full Pay - Students must prepay or pay cash for all meals and for all ala carte milk purchases.

Free MealBenefit - Free status students will be allowed to receive a free breakfast and lunch each day. Milk is included with meals, however, a milk purchase without a meal is charged the ala carte milk price of 25 cents, regardless of the student's eligibility status.

Reduced MealBenefit - Reduced status students will be allowed to receive a breakfast for free and lunch for 40 cents a day. Milk is included with meals, however, a milk purchase without a meal is charged the ala carte milk price of 25 cents, regardless of the student's eligibility status.

Parents/Guardians The goal is to assist students in being responsible for their accounts; however, parents/guardians are responsible for meal payments to the school. Notices of low or deficit balances will be given to students and/or sent to parents/guardians at regular intervals during the school year. Any remaining funds for a student will be carried over to the next school year.

Financial Hardship - Glenburn Public School understands that some families are facing financial difficulties. Parents/guardians are strongly encouraged to submit free/reduced lunch application forms annually as well as when their household income changes. Applications can be submitted at any time. The current application is available on our website or obtained from the School.

Potential Consequences - If a student is without meal money on a consistent basis, the Administration will investigate the situation more closely and take further action as needed. If a pattern of charging continues, Administration shall attempt to contact the student's parent and encourage the parent to complete a free or reduced meal application. If charges become excessive and parent/guardian refuses to pay, the School reserves the right to take steps deemed necessary to collect charges owed.

IV. <u>Allergies and Special Dietary Needs</u> - Students with allergies requiring a modified meal need a signed physician's form filed with the school. Forms can be obtained from the office.

This institution is an equal opportunity provider.



2022-2023 Application for Free or Reduced-Price Meals

Complete one application per household. Please use a pen (not a pencil).

PO BOX 138, GLENBURN ND 58740 GLENBURN PUBLIC SCHOOL

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income and expenses, even if not related."
Children in Foster care and children who meet the definition of Homeless, Migrant or Runaway are eligible for free meals. informa eligible fo Read Hov Free and School N Definition of Household Member: "Anyone who is living with you and shares

_	,	-	_	_		
					Child's First Name	
					3	
					Child's Last Name	
					School	
					Grade	
					Foster?	Mark if
					Homeless, Migrant or Runaway	Mark if Applicable

at this information is given in connection with the receipt of Federal funds, and that be prosecuted under applicable State and Federal laws."	hat this information is given in nay be prosecuted under appli	comes are reported. I understand then may lose meal benefits, and I m	"I certify (promise) that all information on this application is true and correct and all household members and incomes are reported. I understand that this information is given in connection with the receipt of school offi ials may verify (check) the information. I am aware that if I purposely give false information, my children may lose meal benefits, and I may be prosecuted under applicable State and Federal laws.	"I certify (promise) that all info school offi ials may verify (che
		LENBURN PUBLICSCHOOL.	STEP 4 Contact information and adult signature. RETURN COMPLETED FORM TO GLENBURN PUBLIC SCHOOL.	STEP 4 Contact info
(X if NO Social Security Number) or free health coverage. For	Member XXX-XX	arner or Other Adult Household N d-priced meals may also qu	Total Household Members Last Four Digits of Social Security Number (SSN) of Primary Wage Earner or Other Adult Household Member XXX — XX. Does your child have health insurance? Many children who qualify for free and reduced-priced meals may also qualify for low-cost	Total Household Members Does your child have hea
9	\$	69		
69	е	69		with the All Adult Household Members section.
69	Ө	69		The "Sources of Income for Adults" chart will help you
S	Ө	69		section.
Retirement/ Disability/ Veteran's Benefits		N/K	A household member is anyone who is living with you and shares income and expenses, even if not related.	information. The "Sources of Income for Children" chart wil help you with the Child Income
Other Support All other Income How Often? Pension/ How Often?	Net Income from Farm or Self-	Gross Wages from Work Gross Pav How Often?	Name of Each Adult Household Member (First and Last)	charts titled "Sources of Income" for more
TEP 1 (including yourself) even if they do not receive in come. For each lars (no cents) only. Check how often income is received. You are certifying (promising) that there is no income to report.	n STEP 1 (in cluding yourse ollars (<i>no cents</i>) only. Cha ollars (<i>no certifying (prom</i>	ousehold members not listed ir ome for each source in whole d oter "0" or leave any fields blant	B. All Adult Household Members (including yourself): List all household members not listed in STEP 1 (including yourself) even if they do not receive income. For each Household Member listed if they receive income, report total income for each source in whole dollars (no cents) only. Check how often income is received. If they do not receive income from any source, write "0". If you enter "0" or leave any fields blank, you are certifying (promising) that there is no income to report.	Are you unsure what income to include here?
often? WK BIWK ZXMO Mo.	Child's Income: \$		Please include the TOTAL income received by children.	
		Yes" to STEP 2)	Report Income for ALL Household Members (Skip this step if you answered "Yes" to A. Child Income: Sometimes children in the household earn or receive income	STEP 3 Report Inco
1	lete STEP 3) Case Number:	then go to STEP 4 (Do not compl	IF NO > Go to STEP 3 If YES> Write a case number here then go to STEP 4 (Do not complete	
(mark which program) SNAP, TANF, or FDPR?	e programs:	ore of the following assistan	Do any Household Members (including you) currently participate in one or more of the following assistance	STEP 2 Do any Hou
				School Meals for more information.
				Read How to Apply for Free and Reduced Price
_				engine for free freeds.

Determining Official's Signature

Annual Income Conversion: (Weekly x52; Every 2 Weeks x26; Twice a Month x24; Monthly x12)

Date

Confirming Official's Signature

Total Income

Approval: _Date_

Case Number_

Free

Reduced

Denied _Date_

Verifying Official's Signature

Signature of Adult (Form must be signed to be complete.)

Address

Do Not Fill Out

For School Use Only

City

State

Zip

Daytime Phone and Email (optional)

Date:

Print Name:

Sources of Inc.	Sources of Income for Children
Sources of Child Income	Example(s)
- Earnings from work	- A child has a regular full or part-time job where they earn a salary or wages
 Social Security Disability Payments Survivor's Benefits 	 A child is blind or disabled and receives Social Security benefits A Parentis disabled, refired, or deceased, and their child receives Social Security benefits
-Income from person outside the household	- A friend or extended family member regularly gives a child spending money
-Income from any other source	- A child receives regular income from a private pension fund, annuity, or trust

		nd	<u> </u>			
 Allowances for off-basehousing, food and clothing 	 Basic pay and cash bonuses (do NOT include combat pay, FSSA or privatized housing allowances) 	If you are in the U.S. Military.	employment (Farm or Business:	 Salary, wages, cash bonuses Net income from self- 	Earnings from Work	Sour
- Strike benefits	- Alimony payments - Child support payments - Veteran's benefits	- Cash assistance from State or local government	 Supplemental Security Income (SSI) 	 Unemployment benefits Worker's compensation 	Public Assistance/ Alimony / Child Support	Sources of Income for Adults
Rental income Regular cash payments from outside household	trusts or estates - Annuities - Investment income - Farned interest	 Private pensions or disability benefits Regular in come from 	retirement and black lung benefits)	 Social Security (including railroad 	Pensions / Retirement/ All Other Income	o

OPTIONAL Children's Racial and Ethnic Identities

this section is optional and does not affect your children's eligibility for free or reduced price meals We are required to ask for information about your children's race and ethnicity. This information is important and helps to make sure we are fully serving our community. Responding to

Ethnicity (Checkone) 🔝 HispanicorLatino 🔲 NotHispanicorLatino	Latino				
Race (Check one or more) 🔲 American Indian or Alaskan Native 🔝		Asian	Black or African American Nativ	Native Hawaiian or Pacific Islander	White
Program Assurances and Rights					

application. Please contact your school to get free meals for a foster Security number. Some children qualify for free meals without an Program on Indian Reservations (FDPIR) do not need to list a Social child, and children who are homeless, migrant, or runaway. Temporary Assistance for Needy Families (TANF) or Food Distribution receiving Supplemental Nutrition Assistance Program (SNAP) or list a Social Security number. Applications for children in households Social Security Number' Applications for a foster child do not need to who signs the application. If the adult does not have one, 'Check if no numbers of the Social Security number of the adult household member sure that program rules are met. Please be sure to provide the last four Inspectors and law enforcement may also use your information to make programs to help them deliver program benefits to your household. share your eligibility information with education, health, and nutrition reduced price meals. We can only approve complete forms. We may use information from this application to see who qualifies for free or The Richard B. Russell National School Lunch Act requires that we

The contact information below is solely to file a complaint of discrimination.

should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies,

addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992 usda.gov/sites/default/fles/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf and at any USDA ofce, or write a letter To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: https://www.ascr.

Submit your completed form or letter to USDA by: *MAIL: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights EMAIL: program.intake@usda.gov FAX: (202) 690-7442; or (833) 256-1665; or *Only use this address if

you are filing a complaint of

Return completed form to your child's school.

This institution is an equal opportunity provider

Washington, D.C. 20250-9410 1400 Independence Avenue, SW

NDHSAA Preparticipation Physical Evaluation Form

Starting with the 2010-11 school year, student athletes participating in NDHSAA sanctioned sports programs will be required to file a pre-participation health history screening and physical examination clearance form (page 4) with their school office prior to their participation on a yearly basis. As per NDHSAA Constitution and By-Laws, physical evaluations may be done by the following medical professionals: Medical Doctor, Doctor of Osteopathy, Physicians Assistant, Nurse Practitioner (MD, DO, PA, NP); the Athletic Pre-Participation Health History Screening and Physical Examination is valid for one school year; a physical examination must be completed on or after April 15 to be valid for participation the following school year.

The NDHSAA approved form explanations appear below:

This is the ONLY form that should be returned to the school office.

History FormPage 1 & 2
To be filled out by Parent/Athlete prior to physical evaluation The medical facility should keep this form.
Athletes With Disabilities Form: Supplement to the Athlete HistoryPage 3
Filled out ONLY if athlete has special needs. The medical facility should keep this form.
Physical Examination FormPage 4
Completed by medical personnel and retained in medical facility file The medical facility should keep this form,
Medical Eligibility FormPage 5

NDHSAA PREPARTICIPATION PHYSICAL EVALUATION

HISTORY FORM

Name:			Date of birth:	
	ation:		ort(s)	
Sex	Age		School	
Have you ever h	had surgery? If yes, list	all past surgical procedu	res,	
Medicines and	supplements: List all cu	rrent prescriptions, over	the-counter medicines, and supplements (herbal a	nd nutritional)

Patient Health Questionnaire Version 4 (PHO Over the last 2 weeks, how often have you b	. ,	any of the followi	ng problems? (Circle r	esponse.)	
	Not at all	Several days	Over half the days	Nearly every day	
Feeling nervous, anxious, or on edge	0	1	2	3	
Not being able to stop or control worrying	0	1	2	3	
Little interest or pleasure in doing things	0	1	2	3	
Feeling down, depressed, or hopeless	0	1	2	3	
(A sum of ≥3 is considered positive on eithe	r subscale [ques	tions 1 and 2, or qu	uestions 3 and 4] for s	creening purposes.)	

(Ex	NERAL QUESTIONS plain "Yes" answers at the end of this form. cle questions if you don't know the answer.)	Yes	No
1.	Do you have any concerns that you would like to discuss with your provider?		
2.	Has a provider ever denied or restricted your participation in sports for any reason?		
3.	Do you have any ongoing medical issues or recent illness?		
HE	ART HEALTH QUESTIONS ABOUT YOU	Yes	No
4.	Have you ever passed out or nearly passed out during or after exercise?		
5,	Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
6.	Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?		
7.	Has a doctor ever told you that you have any heart problems?		
8.	Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography.		

	RT HEALTH QUESTIONS ABOUT YOU VTINUED)	Yes	No
9.	Do you get light-headed or feel shorter of breath than your friends during exercise?		
10.	Have you ever had a seizure?		
HEA	RT HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No
11.	Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)?		
12.	Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic poly- morphic ventricular tachycardia (CPVT)?		V-
13.	Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?		

M NDHSAA PREPARTICIPATION PHYSICAL EVALUATION

BONE AND JOINT QUESTIONS

						1000
14.	Have you ever had a stress fracture or an			25.	Do you worry about your weight?	
	injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or			26.	Are you trying to or has anyone recommended	
_	game?				that you gain or lose weight?	
15.	Do you have a bone, muscle, ligament, or joint injury that bothers you?			27.	Are you on a special diet or do you avoid certain types of foods or food groups?	
ICAL	QUESTIONS	Yes	No	28.	Have you ever had an eating disorder?	
16.	Do you cough, wheeze, or have difficulty breathing during or after exercise?			FEMAL	ES ONLY	Yes
7	Are you missing a kidney, an eye, a	1		29.	Have you ever had a menstrual period?	
	testicle (males), your spleen, or any other organ?			30.	How old were you when you had your first menstrual period?	
— В.	Do you have groin or testicle pain or a			31.	When was your most recent menstrual period?	
_	painful bulge or hernia in the groin area? Do you have any recurring skin rashes or			32.	How many periods have you had in the past 12 months?	
	rashes that come and go, including herpes or methicillin-resistant <i>Staphylococcus aureus</i> (MRSA)?			Explain	"Yes" answers here.	
	Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?					
	Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?					
	Have you ever become ill while exercising in the heat?			\(\frac{1}{2}\)		
3,	Do you or does someone in your family have sickle cell trait or disease?					
	Have you ever had, or do you have any					

MEDICAL QUESTIONS (CONTINUED)

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NDHSAA Board Approval: September 2019

Signature of parent or guardian:

Date:

NDHSAA PREPARTICIPATION PHYSICAL EVALUATION

ATHLETES WITH DISABILITIES FORM: SUPPLEMENT TO THE ATHLETE HISTORY

1. Date of disability: 2. Classification (if available): 3. Cause of disability (birth, disease, injury or other): 4. List the sports you are playing:	Date of Birth		
Classification (if available): Cause of disability (birth, disease, injury or other):			
Classification (if available): Cause of disability (birth, disease, injury or other):			
3. Cause of disability (birth, disease, injury or other):			
4. List the sports you are playing:			
DESCRIPTION OF THE PROPERTY OF			
Makes Metric and the first and		Yes	No
6. Do you regularly use a brace, an assistive device, or a prosthetic device for daily act	ivities?		
7. Do you use any special brace or assistive device for sports?			
8. Do you have any rashes, pressure sores, or other skin problems?			
9. Do you have a hearing loss? Do you use a hearing aid?			
10. Do you have a visual impairment?			
11. Do you use any special devices for bowel or bladder function?	77		
12. Do you have burning or discomfort when urinating?			
13. Have you had autonomic dysreflexia?			
14. Have you need been diagnosed as having a heat-related (hyperthermia) or cold-related	'h 4 h i - 1 illo 2		
	nypotnermia) iliness?		
15. Do you have muscle spasticity?			
16. Do you have frequent seizures that cannot be controlled by medication? Explain "Yes" answers here.			
Please indicate whether you have ever had any of the following conditions:		Yes	No
		VA-I-C	HIII Address (D)
Atlantoaxial instability			
Radiographic (x-ray) evaluation for atlantoaxial instability			
Radiographic (x-ray) evaluation for atlantoaxial instability Dislocated joints (more than one)			
Radiographic (x-ray) evaluation for atlantoaxial instability Dislocated Joints (more than one) Easy bleeding			
Radiographic (x-ray) evaluation for atlantoaxial instability Dislocated Joints (more than one) Easy bleeding Enlarged spleen			
Radiographic (x-ray) evaluation for atlantoaxial instability Dislocated Joints (more than one) Easy bleeding Enlarged spleen Hepatitis			
Radiographic (x-ray) evaluation for atlantoaxial instability Dislocated joints (more than one) Easy bleeding Enlarged spleen Hepatitis Osteopenia or osteoporosis			
Radiographic (x-ray) evaluation for atlantoaxial instability Dislocated joints (more than one) Easy bleeding Enlarged spleen Hepatitis Osteopenia or osteoporosis Difficulty controlling bowel			
Radiographic (x-ray) evaluation for atlantoaxial instability Dislocated Joints (more than one) Easy bleeding Enlarged spleen Hepatitis Osteopenia or osteoporosis Difficulty controlling bowel Difficulty controlling bladder			
Radiographic (x-ray) evaluation for atlantoaxial instability Dislocated Joints (more than one) Easy bleeding Enlarged spleen Hepatitis Osteopenia or osteoporosis Difficulty controlling bowel Difficulty controlling bladder Numbness or tingling in arms or hands Numbness or tingling in legs or feet			
Radiographic (x-ray) evaluation for atlantoaxial instability Dislocated Joints (more than one) Easy bleeding Enlarged spleen Hepatitis Osteopenia or osteoporosis Difficulty controlling bowel Difficulty controlling bladder Numbness or tingling in arms or hands Numbness or tingling in legs or feet Weakness in arms or hands			
Radiographic (x-ray) evaluation for atlantoaxial instability Dislocated Joints (more than one) Easy bleeding Enlarged spleen Hepatitis Osteopenia or osteoporosis Difficulty controlling bowel Difficulty controlling bladder Numbness or tingling in arms or hands Numbness or tingling in legs or feet Weakness in arms or hands Weakness in legs or feet			
Radiographic (x-ray) evaluation for atlantoaxial instability Dislocated Joints (more than one) Easy bleeding Enlarged spleen Hepatitis Osteopenia or osteoporosis Difficulty controlling bowel Difficulty controlling bladder Numbness or tingling in arms or hands Numbness or tingling in legs or feet Weakness in arms or hands Weakness in legs or feet Recent change in coordination			
Radiographic (x-ray) evaluation for atlantoaxial instability Dislocated Joints (more than one) Easy bleeding Enlarged spleen Hepatitis Osteopenia or osteoporosis Difficulty controlling bowel Difficulty controlling bladder Numbness or tingling in arms or hands Numbness or tingling in legs or feet Weakness in arms or hands Weakness in legs or feet Recent change in coordination Recent change in ability to walk			
Atlantoaxial instability Radiographic (x-ray) evaluation for atlantoaxial instability Dislocated joints (more than one) Easy bleeding Enlarged spleen Hepatitis Osteopenia or osteoporosis Difficulty controlling bowel Difficulty controlling bladder Numbness or tingling in arms or hands Numbness or tingling in legs or feet Weakness in arms or hands Weakness in legs or feet Recent change in coordination Recent change in ability to walk Spina bifida Latex allergy			

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NDHSAA Board Approval: September 2019

INDHSAA PREPARTICIPATION PHYSICAL EVALUATION

PHYSICAL EXAMINATION FORM Date of birth: Name: 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, e-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-enhancing supplement? · Have you ever taken any supplements to help you gain or lose weight or improve your performance? Do you wear a seat belt, use a helmet, and use condoms? 2. Consider reviewing questions on cardiovascular symptoms (Q4-Q13 of History EXAMINATION Height: Weight: Pulse: Vision: R 20/ L 20/ Corrected: □ Y MEDICAL NORMAL ABNORMAL FINDINGS Appearance · Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse [MVP], and aortic insufficiency) Eyes, ears, nose, and throat • Pupils equal Hearing Lymph nodes Heart Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver) Abdomen Skin • Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant Staphylococcus aureus (MRSA), or tinea corporis Neurological MUSCULOSKELETAL ABNORMAL FINDINGS Neck Back Shoulder and arm Elbow and forearm Wrist, hand, and fingers Hip and thigh Knee Leg and ankle Foot and toes Functional • Double-leg squat test, single-leg squat test, and box drop or step drop test *Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or examination findings,

or a combination of those.

Name of health care professional (print or type): Date: Address: Phone: _____

Signature of health care professional:_

____, MD, DO, NP, or PA