**Welcome to the Health Office at Lincoln Junior High School**

At Lincoln Junior High School, our priority is to maintain a healthful and safe environment for all students. The health office is available to assist students who are ill, injured, or in need of medical support. Our health office is staffed by a certified health technician trained in First Aid and CPR/AED, ensuring that students receive the best care possible during school hours.

**Health Office Hours:**

* Open from 7:45 am to 3:00 pm on school days.

**Visiting the Health Office:**

* Students must obtain a pass from their classroom teacher before visiting the health office.
* During passing periods, students should inform their next teacher if they need to visit the health office and obtain a pass, except in emergencies.

**Important Notice:**

* Students are not permitted to leave the school due to illness or injury without first reporting to the health office for authorization. The health office keeps a record of all student visits.

**Health Requirements for Incoming 6th Graders:**

* **Child/Teen Full Physical:** Signed and stamped by a doctor, with the health history section signed by a parent.
* **Vaccinations:** Tdap and Meningococcal vaccines are required, typically administered after age 11.
* **Dental Exam:** Must be valid within the past 18 months.

**Physical Requirements for 7th & 8th Grade Sports:**

* **Child/Teen Full Physical or Sports Physical:** Signed and stamped by a doctor, valid for 13 months.

We are committed to ensuring the health and well-being of all our students. If you have any questions or need further assistance, please do not hesitate to contact the health office.