



# Conejo Valley Unified School District

1400 E. Janss Road, Thousand Oaks, California 91362-2198 (805) 497-9511



Los Cerritos Middle School  
2100 E. Avenida de las Flores  
Thousand Oaks, CA 91362  
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Jeffrey L. Baarstad, Ph.D.

Superintendent of Schools

**“A National Blue Ribbon School”**

**“A California Distinguished School”**

Jason Branham  
Principal

**Note to Doctor/Physician:** The public schools of California require all students to take physical education. Some students, however, may have a physical injury which prevents them from fully participating in physical education. In an effort to make this situation as smooth as possible for the student, family, and school, Los Cerritos Middle School is asking you to fill out the following form as accurately as possible. This form is essential to ensure that the student is participating as much as possible in physical education without being in danger of causing any further injury or preventing proper healing.

Student Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Begin Date for Activity Limitation: \_\_\_\_\_ End Date for Activity Limitation: \_\_\_\_\_

Injury Information/Diagnosis \_\_\_\_\_

Follow-up Visit:  Yes, Date of Follow-up: \_\_\_\_\_  No

Please check the appropriate box for **each** activity listed:

<u>Activity Type</u>	<u>Student May Participate</u>	<u>Student Unable to Participate</u>
Dress-out for PE Class		
Stretching / Warm-up		
Walking		
Running		
Throwing		
Catching		
Kicking		
Jumping		
Other:		
Other:		

Doctor/Physician's Name: \_\_\_\_\_

Doctor/Physician's Signature: \_\_\_\_\_

Date: \_\_\_\_\_