

SHS Marching Black Knights

July 23rd, 2015
Summer Newsletter

Stoughton Music Department

Concussion Guidelines 2015-2016

To participate in Marching Band and Color Guard this fall, there are several requirements that need to be met. Below are the steps necessary to comply with the Massachusetts Concussion Law and the Stoughton Public Schools Head Injury and Concussion Policy.

STEP # 1 - PHYSICAL EXAMINATION

You are required to have a current physical examination on file with the school district. Many of you have had a physical last year. GOOD NEWS! If you had an exam within the past 12 months, you can use that exam to fulfill the requirement. The district will accept an exam from September 1st, 2014, or later. You can mail a copy of the exam to SHS:

John Mange
Stoughton High School
232 Pearl Street
Stoughton, MA 02072

You may also have your physician fax a copy of the exam to SHS at (781) 344-6417. The fax cover page should be addressed to John Kearns, Director of Fine Arts.

STEP # 2 - HEAD INJURY EDUCATION

All marching band/guard members and at least one parent/guardian must show proof of completion of a head injury safety training program. You can fulfill this requirement by reading and reviewing the Parent Concussion Facts and Concussion Policy sheet. Both sheets are attached to the email and can be found on the Fine Arts Website.

After reading the material, you and your parent will sign off as proof of your training on the Pre-Participation form (see Step #3).

STEP # 3 - SHS PRE-PARTICIPATION FORM

After reading the concussion education materials, please fill out the SHS Pre-Participation form. There are two pages to the form. Both pages need to be signed by the student and a parent.

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STEP # 4 - SUBMISSION OF REQUIRED MATERIALS

There are a couple of options for sending your materials to the school district.

Option #1

You can send your pre-participation form to Mr. Mange at:

John Mange
Stoughton High School
232 Pearl Street
Stoughton, MA 02072

Remember to send us a copy of your physical exam! Don't forget that you can have your doctor fax your exam to Mr. Kearns if you don't have a copy (see Step #1). You can also drop off the materials to the SHS office during the week.

Option #2

If you wish, you can mail your materials to Mr. Kearns at:

John Kearns
Director of Fine Arts
Stoughton Public Schools
232 Pearl Street
Stoughton, MA 02072

PLEASE DON'T PROCRASTINATE!

Your materials need to be turned in before band camp which starts on Monday, August 17th. Not completing the Head Injury Concussion requirements may delay your participation in band camp. You cannot participate until you have met the requirements.

The BAND & GUARD are counting on you! It will be very difficult to have several students unable to participate because their paperwork was not completed on time. If you have any questions or concerns, please contact Mr. Mange at: j_mange@stoughtonschools.org or Mr. Kearns at: j_kearns@stoughtonschools.org

REMINDER: BAND CAMP TIME CHANGE

This year, Band Camp will be Monday-Thursday **4pm-9pm**. Band Camp runs 2 weeks – August 17th-20st and 24th-27th, with a full-day Saturday rehearsal in between (8/22) from 9am-4pm.

See you then! Hope you're having a great summer.