

Medical Release Form

The Mississippi Healthy Students Act requires any configuration of grades K-8 to provide students 150 minutes of activity-based instruction based on the Rules and Regulations adopted by the State Board of Education. Research supports the link between physical activity and students being ready to learn and the link between participation in physical activity and reducing health disparities. It is the goal of quality programs to provide opportunities for all students to participate, develop motor skills, social skills, and to develop skills necessary that promote lifetime participation. If a student must be exempt from activity based instruction for more than two consecutive days, the form below must be completed by a physician.

Name of Student _____ Date _____

Date of injury/illness _____

Please list activities in which a child cannot participate:

Please explain how the activities listed above could be modified to allow participation:

Date student may return to unrestricted participation in physical activity _____

M.D. Signature _____

Parent/Guardian Signature _____

Date _____