



S. S. SEWARD INSTITUTE

53 NORTH MAIN STREET
P.O. DRAWER 757
FLORIDA, NEW YORK 10921-0757

TELEPHONE: 845-651-3095

GOLDEN HILL ELEMENTARY
GRADES PREK - 5
HEALTH OFFICE
ARTISHA ELLISON, RN
(845) 651-3095 EXT. 20030
FAX (845) 651 - 1489

S.S. SEWARD INSTITUTE
GRADES 6-12
HEALTH OFFICE
SHELLY FROMMER, RN
(845) 651-3095 EXT. 30102
FAX (845) 651 - 4128

Patient: _____

Date: _____

Please Check activities that student may participate in:

- ☐ Walking
- ☐ Stationary Bike
- ☐ Arm movement only
- ☐ Leg Pedaling only
- ☐ Both arm and leg movement

- ☐ Officiating game/ activities
- ☐ Light jogging
- ☐ Hand weights only
- ☐ Leg weights only
- ☐ Other:

Duration of restrictions:

- ☐ No restrictions - students may fully participate in Physical Education.

Doctor's signature: _____

Date: _____

Phone Number: _____

Fax: _____