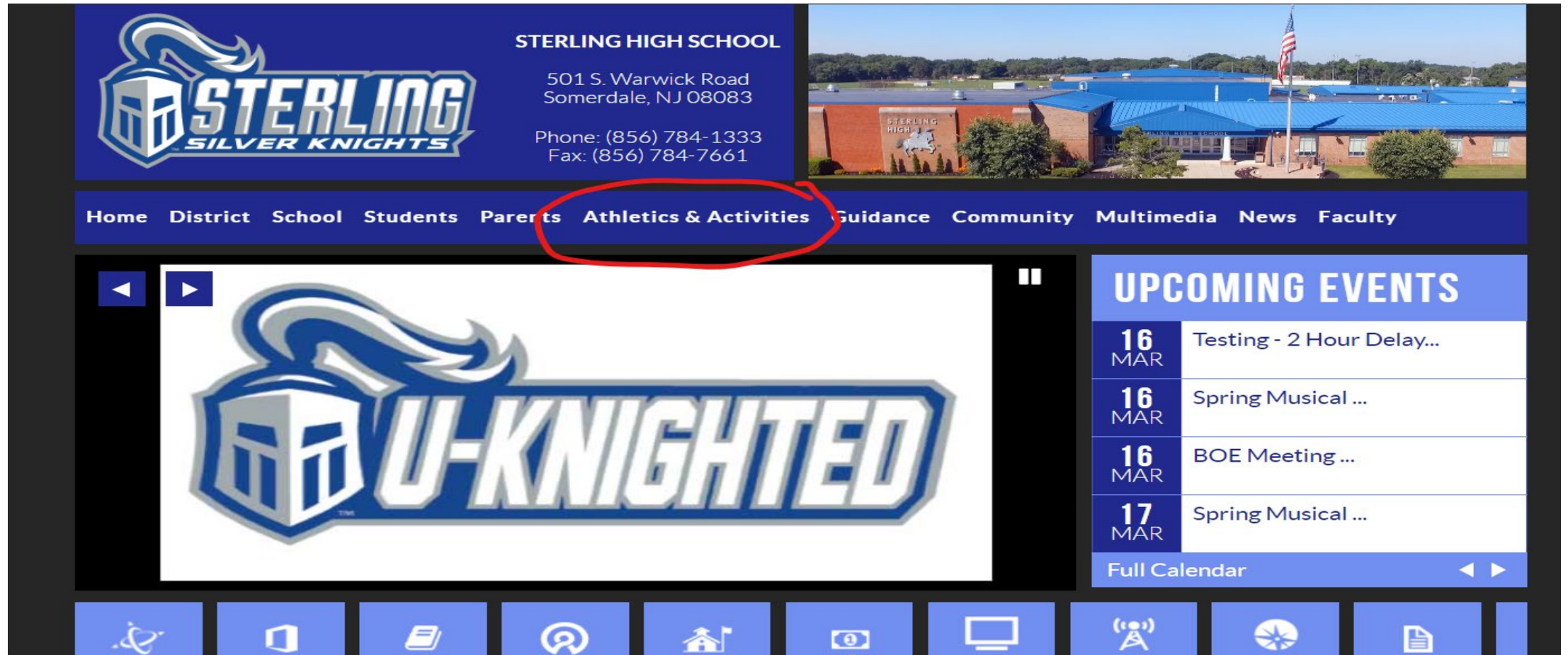


Health History Update For Rschool

Please Note - a student must have completed a RSchool activity registration for a previous athletic season to fill out a Health History Update.

Go to Sterling High School's website, and click on 'Athletics & Activities'



The screenshot shows the Sterling High School website. The top navigation bar is dark blue with white text. The 'Athletics & Activities' link is circled in red. Below the navigation bar is a large banner featuring the 'U-KNIGHTED' logo on the left and an 'UPCOMING EVENTS' calendar on the right. The calendar lists events for March 16th and 17th, including 'Testing - 2 Hour Delay...', 'Spring Musical ...', and 'BOE Meeting ...'. At the bottom of the page is a row of blue icons for various website functions.

STERLING HIGH SCHOOL
501 S. Warwick Road
Somerdale, NJ 08083
Phone: (856) 784-1333
Fax: (856) 784-7661

Home District School Students Parents **Athletics & Activities** Guidance Community Multimedia News Faculty

U-KNIGHTED

UPCOMING EVENTS

| | |
|--------|---------------------------|
| 16 MAR | Testing - 2 Hour Delay... |
| 16 MAR | Spring Musical ... |
| 16 MAR | BOE Meeting ... |
| 17 MAR | Spring Musical ... |

Full Calendar

Click on 'Activity Registration'



The screenshot shows the Sterling High School website. At the top left is the Sterling Silver Knights logo. To its right, the address "Somerset, NJ 08888" and phone/fax numbers "(856) 784-1333" and "(856) 784-7661" are listed. A navigation bar contains links for Home, District, School, Students, Parents, Athletics & Activities, Guidance, Community, Multimedia, News, and Faculty. The "Athletics & Activities" menu is open, showing options like "New Turf Procedures", "Activity Registration", "Sterling Athletics Home", "Today's Athletic Events", "Sports Schedules", "Fall Sports", "Winter Sports", "Spring Sports", "Clubs and Activities", "Believe In You", "NJROTC", and "Hall Of Fame". The "Activity Registration" option is circled in red. Below the menu, a section titled "Student for Sterling High School" lists steps for registration, including "Physical Forms" and "Health History Update". A list of links provides further guidance on account creation and registration.

Somerset, NJ 08888
Phone: (856) 784-1333
Fax: (856) 784-7661

Home District School Students Parents **Athletics & Activities** Guidance Community Multimedia News Faculty

ACTIVITIES

- New Turf Procedures
- Activity Registration**
- Sterling Athletics Home
- Today's Athletic Events
- Sports Schedules
- Fall Sports
- Winter Sports
- Spring Sports
- Clubs and Activities
- Believe In You
- NJROTC
- Hall Of Fame

1. Athletics

2. The Health

3. Sterling High School is now using online activity registration. Online registration must be completed each season. To begin, please use this link: [Online Activity Registration](#)

- Complete and select "all activities" for the entire school year
- For assistance with creating an account, please refer to the [Parent Account Guide](#)
- For assistance with online registration, please refer to the [Parent Quick Start Guide](#)
- For an overview of the online activity registration system, please view our [video tutorial](#)



Click on 'Online Activity Registration'

Home District School Students Parents Athletics & Activities Guidance Community Multimedia News Faculty

ACTIVITY REGISTRATION

Sterling High » Athletics & Activities » Activity Registration

To register a student for Sterling High School athletics and activities, please complete the following steps:

1. Athletics Physical Forms must be completed each year: [Physical Forms](#)
2. The Health History Update Form must be completed each season: [Health History Update](#)
3. Sterling High School is now using online activity registration. Online registration must be completed each season. To begin, please use this link: [Online Activity Registration](#)
 - *Complete and select "all activities" for the entire school year*
 - *For assistance with creating an account, please refer to the [Parent Account Guide](#)*
 - *For assistance with online registration, please refer to the [Parent Quick Start Guide](#)*
 - *For an overview of the online activity registration system, please view our [video tutorial](#)*

cs__activities/

Click on 'View My Account'

STERLING HIGH SCHOOL

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View My Account

Welcome to **STERLING HIGH SCHOOL** Activity Registration

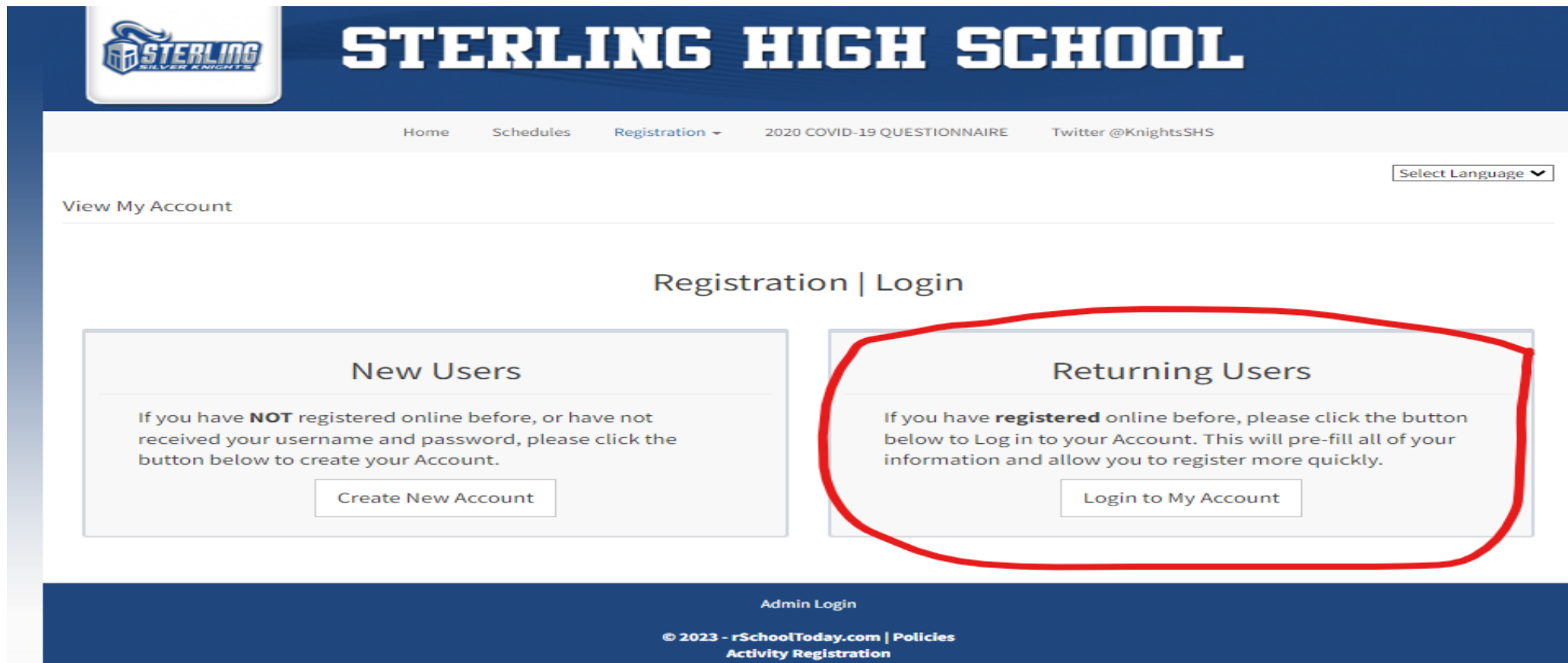
Quicklinks

- School Website
- Athletic Schedules Website
- Parent AR Quick Start Guide
- Physical Form

Welcome to Sterling High School Athletic Registration
Click the icon below to begin the YEARLY Registration

ATHLETIC TEAM

Click on 'Returning Users'



The screenshot shows the Sterling High School website's registration and login page. The header features the Sterling Silver Knights logo and the school name. A navigation bar includes links for Home, Schedules, Registration, a COVID-19 questionnaire, and social media. A language selection dropdown is in the top right. The main content area is titled 'Registration | Login' and contains two panels: 'New Users' with a 'Create New Account' button, and 'Returning Users' with a 'Login to My Account' button. The 'Returning Users' panel is highlighted with a red hand-drawn oval. The footer contains an 'Admin Login' link and copyright information for rSchoolToday.com.

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Select Language

View My Account

Registration | Login

New Users

If you have **NOT** registered online before, or have not received your username and password, please click the button below to create your Account.

Create New Account

Returning Users

If you have **registered** online before, please click the button below to Log in to your Account. This will pre-fill all of your information and allow you to register more quickly.

Login to My Account

Admin Login

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Enter Username and Password

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Select Language ▼

Login

Returning Users [I don't have an account](#)

Username John Doe Password

[Forgot your username or password?](#)

✓ I'm not a robot reCAPTCHA Privacy Terms

Sign In

Click On 'Register' and select name

STERLING HIGH SCHOOL

Family Account

Welcome john doe

john doe

Registration History | Family Member Info | Important Dates | Account Settings

Logout

Register -

Register john doe

Register New Student

| Activity | Student | Final Clearance | Gr | Reg. Form | Fee | Status |
|-----------------------------------|-----------|-----------------|----|-----------|-----|--------|
| School Year 2022-2023 | | | | | | |
| 19306-0323 3/16/2023 Baseball | doe, john | Pending | 10 | View | | |

Back to Account | Logout

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Activity Registration

Click on Health History Update

STERLING HIGH SCHOOL

Home Family Accounts Reports Pages Site Design Set-Up Setup Wizard Contact Management Help

Family Accounts

Show All A B C D E F G H I J K L M N O P Q R S T U V W X Y Z #

Search

(i.e.: Parent First Name or Last Name, Student First Name or Last Name)

Choose which Form You Want to Register to :

- [Activity Registration 2022-2023](#)
- [Health History Update 2022-2023](#)**
- [NJSIAA COVID-19 Questionnaire](#)

Register - Cancel/Change Registration Fee Rate Regular Pay

| # | Date | Activity | Student | Final Clearance | Gr | Reg. Form | Physical Date | Fee | Recp't | Status |
|-----------------------|-----------|----------|-----------|-------------------------|----|----------------------|---------------------|-----|--------|--------|
| School Year 2022-2023 | | | | | | | | | | |
| 19414-0523 | 5/20/2023 | ROTC | doe, john | Pending | 9 | View | Add | | | |
| 19306-0323 | 3/16/2023 | Baseball | doe, john | Pending | 10 | View | Add | | | |

[Issue Refund](#) [Add Credit on Account](#) [Adjust Amount](#)

Complete Updated Information

Home Schedules **Registration** 2020 COVID-19 QUESTIONNAIRE Twitter @KnightsSHS [Back to Admin](#)

Registration / Health History Update 2022-2023

Health History Update 2022-2023

Step 1. Select Student

Step 2. Select Activity

Step 3. Parent/Guardian Info

Step 4. Medical Information

Step 5. Others

Student Information

Select Student:
doe, john

Student ID:

First Name: *
john

Last Name: *
doe

Nickname:

Middle Initial:

Cell Phone: *
(856) 555-5555

Mobile Provider:
- None -

Select Updated Activity

Home Schedules Registration 2020 COVID-19 QUESTIONNAIRE Twitter @KnightsSHS

Back to Admin

Registration / Health History Update 2022-2023

Health History Update 2022-2023

- Step 1. Select Student
- Step 2. Select Activity**
- Step 3. Parent/Guardian Info
- Step 4. Medical Information
- Step 5. Others

Activity

Spring

- Baseball Varsity
- Golf
- Golf Varsity
- Lacrosse Boys
- Lacrosse Boys JV
- Lacrosse Boys Varsity
- Lacrosse Girls

< Previous Page Next Page >

Save and Finish Later

Back to Admin Logout

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Complete Health History Update Questionnaire

STERLING SILVER KNIGHTS

STERLING HIGH SCHOOL

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Back to Admin

Registration / Health History Update 2022-2023

Health History Update 2022-2023

- Step 1. Select Student
- Step 2. Select Activity
- Step 3. Parent/Guardian Info
- Step 4. Medical Information
- Step 5. Others

Others

Health History Update Questionnaire

To participate on a school-sponsored interscholastic or intramural athletic team or squad, each student whose physical examination was completed more than 90 days prior to the first day of official practice shall provide a health history update questionnaire completed and signed by the student's parent or guardian.

Date of Last Physical Examination: *

Month Day Year

Sport: *

Since the last pre-participation physical examination, has your son/daughter:

1. Have you conditionally withdrawn out to participate in a sport? *

Click Submit

AR Checkout Page

FAMILY ACCOUNT LOGIN

You are logged-in as *john doe* in this form.

Click the Submit button below to complete the registration

REGISTRATION DETAIL

| | Item Name | Fee | Total Cost |
|------------------------|--------------|--------|------------|
| doe, john doe, john | Golf Varsity | \$0.00 | \$0.00 |
| Total Activity Fee: | | | \$0.00 |
| Total Amount Due: | | | \$0.00 |
| Total Pay Amount: | | | \$0.00 |

<< Previous

Submit

[Back to Admin](#) [Logout](#)

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Activity Registration