

Iowa Parent and Student Opt-Out Notice

Please take notice that my child is to be excused and exempted for the current school year (see request date below) from the following school instruction, programs, and/or activities. This opt-out applies to all checked boxes below:

Physical Education Courses – Pursuant to Iowa Code § 256.11(6), this serves as notice that my child is to be exempted from participation in physical education courses on the grounds it conflicts with the religious belief.

Health Courses – Pursuant to Iowa Code § 256.11(6), this serves as notice that my child is to be exempted from participation in health courses on the grounds it conflicts with the religious belief.

Physical education requirement – Pursuant to Iowa Code § 256.11(5), this serves as notice that my child is excused from the physical education requirement on the grounds:

[] My child is a twelfth grade student who meets the requirements of Iowa Code § 256.11(5)(g)(1) who seeks to be excused in order to enroll in academic courses not otherwise available to the student, or be enrolled or participating in one of the following:

(a) A work-based learning program or other educational program authorized by the school which requires the student to leave the school premises for specified periods of time during the school day.

(b) An organized and supervised athletic program which requires at least as much participation per week as one-eighth unit of physical education – see Iowa Code § 256.11(5)(g)(1).

[] My child is in grades nine through eleven and seeks to enroll in academic courses not otherwise available to the child. (**Note:** A student may be excused by the principal of the school in which the student is enrolled, in consultation with the student's counselor, for up to one semester, trimester, or the equivalent of a semester or trimester, per year if the parent or guardian of the student requests in writing that the student be excused from the physical education requirement. The student seeking to be excused from the physical education requirement must, at some time during the period for which the excuse is sought, be a participant in an organized and supervised athletic program which requires at least as much time of participation per week as one-eighth unit of physical education – see Iowa Code § 256.11(5)(g)(2).)

[] My child is in grades six through twelve who is participating in an organized and supervised athletic program or non-school-sponsored extracurricular activity which requires the child to participate in physical activity for a minimum of one hundred twenty minutes per week – see Iowa Code § 256.11(6)(b)(2).

Certification course for cardiopulmonary resuscitation – Pursuant to Iowa Code § 256.11(6), this serves as notice that my child is excused from certification course for cardiopulmonary resuscitation on the grounds:

[] the child is not physically able to successfully complete the training or

[] the child possesses cardiopulmonary resuscitation certification. **Note:** Need to present satisfactory evidence of certification

Private Information – Pursuant to 20 U.S.C. § 1232h, absent my written consent, none of the following may be undertaken regarding my child. The administration of any survey, analysis or evaluation that reveals: (1) political affiliations or beliefs of my child or me, (2) mental or psychological problems of my child or his or her family, (3) sexual behavior or attitudes, (4) illegal, anti-social, self-incriminating, or demeaning behavior, (5) critical appraisals of other individuals with whom respondents have close family relationships, (6) legally recognized privileged or analogous relationships, such as those of lawyers, physicians, and ministers, (7) religious practices, affiliations, or beliefs of my child or me, or (8) income (other than required by law to determine eligibility for participation in a program or for receiving financial assistance under such program).

Immunization – Pursuant to Iowa Code § 139A.8, please take notice that I am exercising the right to an exemption from vaccination on the following grounds:

[] would be injurious to the health and well-being of the child or any member of the child's family (Note: submit a statement signed by a physician, advanced registered nurse practitioner, or physician assistant who is licensed by the board of medicine, board of nursing, or board of physician assistants that the immunizations required would be injurious to the health and well-being of the child or any member of the child's family) or

[] the immunization conflicts with the tenets and practices of a recognized religious denomination of which the child, his parent or legal guardian is an adherent or member (**Note:** Sign the affidavit below stating that the immunization conflicts with the tenets and practices of a recognized religious denomination of which the child, his parent or legal guardian is an adherent or member.)

Affidavit

Immunization of my child _____ is not required on the grounds that the immunization conflicts with the tenets and practices of a recognized religious denomination of which the child, parent or legal guardian is an adherent or member.

Parent/Guardian's Name(s) _____

Keep this signed, written notice on file in my child's cumulative folder. This notice supersedes all prior Opt-Out notices.

Child's Name _____ Grade Level _____ Date _____

Parent/Guardian's Name(s) _____

Parent/Guardian's Signature(s) _____

Parent/Guardian's Address _____

Daytime/Evening Phone Number(s) _____

School Name _____ School District _____

Received By (Print Name) _____

Received By (Signature) _____ Date Received _____

Instructions and Information on Using the Iowa Parent and Student Opt-Out Notice

What to Do

THE OPT-OUT NOTICE MUST BE SUBMITTED EVERY YEAR

Note: These instructions are designed to assist you as a parent in completing the foregoing notice. These instructions should not be given to the school.

- 1) Make copies and share this Iowa Parent and Student Opt-Out Notice with other parents.
- 2) This notice allows you to check each box that applies to your concerns. You can check all of the boxes, only one box, or a few boxes, depending on your particular beliefs.
- 3) Make two copies of the completed notice. Then, sign and date each copy in ink.
- 4) Send the Opt-Out Notice to the school Principal by Certified Mail, email, fax, or any other method whereby delivery can be confirmed. You do not need nor are you asking for “agreement” or “authorization.” You only need proof that you delivered the Opt-Out Notice to the school.
- 5) Keep one copy (with the proof of receipt) for your family and ask that the school keep a copy in your child’s school records (the cumulative file). Keep a signed copy for yourself.
- 6) Educate your children to report to you attempts to compel them to participate in classes or activities for which you have requested them to be opted-out.
- 7) Resubmit a copy of this Opt-Out Notice for each child when you enroll them for the next school year.