

Virginia State Parent and Student Opt-Out Notice

Please take notice that pursuant to Code of Virginia §§ 22.1-200.01, 22.1-207.2, 22.1-270, 22.1-273, 22.1-273.1, 32.1-46, and 20 U.S.C. § 1232(h) my child is to be excused and exempted, for the current school year from the activities, programs, and instruction as indicated below.

- This document shall serve as a written request to have my child excused from family life education and the whole program thereof (VA Code § 22.1-207.2);
- This document shall serve as written notice to have my child excused from those portions of the family life education program as follows (list below all instruction to be excused from):

_____ (VA Code § 22.1-207.2);
- Affirming, to the best of my knowledge that my child, showing no visual evidence of sickness, is in good health and free from any communicable or contagious diseases, this notice serves as a religious objection to any physical examination as a prerequisite to school admission. (VA Code § 22.1-270);
- This document shall serve as notice that, my child showing no obvious evidence of any defect or disease of the eyes or ears, I object on religious grounds to all examination of my child's eyes or ears, vision or hearing, including assessments by way of test cards, blanks, record books, and other appliances for testing the sight and hearing of students (VA Code § 22.1-273);
- Please take notice that I request that my child be excused from all school-administered screenings for scoliosis (VA Code § 22.1-273.1).
- There being no emergency or epidemic of disease declared by the Board, please take notice that I object to the administration of any and all immunizing agents to my child, as administration of immunizing agents conflicts with my religious tenets or practices (VA Code § 32.1-46);
- Please take notice that I am seeking an alternative to participation in animal dissection techniques (VA Code § 22.1-200.01);
- Please take notice that my child shall not be administered 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 lawyers, physicians, and ministers, ⁽⁷⁾ religious, practices, affiliations, or beliefs of my child or me, or ⁽⁸⁾ income (other than that required by law to determine eligibility or participation in a program or for receiving financial assistance under such program) (20 U.S.C. § 1232(h)).

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

Child's Name: _____ Grade Level: _____ School Year: _____

Parent/Guardians(s) Address: _____

Daytime/Evening Phone Number(s): _____

Parent/Guardian's Name(s): _____

Parent/Guardian's Signature(s): _____

Date: _____

Instructions and Information on Using the Virginia State 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 Virginia State Parent and Student Opt-Out Notice with other parents.
- 2) Check each box that applies to your concerns.
- 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, Signature Requested (**Preferred method**). Alternatively, it could be sent by fax or any other method whereby delivery can be confirmed.

The Principal's signature serves as proof of service. You do not need, nor are you asking for, the District's 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 service) for your family and ask that the school keep a copy in your child's school records (The cumulative file).
- 6) Educate your children to report to you attempts to compel them to participate in instruction or activities from which your child has been excused.
- 7) Resubmit a copy of this Opt-Out Notice for each child when you enroll them for the next school year. Follow steps 1 through 6 as on the previous year.