



**So your student is entering High School...what an exciting time!**

Below is the health information you will need to know for incoming freshman.

**Physical Exam:** Students entering 9<sup>th</sup> grade must have a physical on file dated within one year of the start of the new school year. A “*sports physical*” does not meet the requirement for 9<sup>th</sup> grade physical. However, if your student is participating in sports, the 9<sup>th</sup> grade physical will work for a “*sports physical*.”

(Note: The top portion of the physical form, which is marked “Health History” is to be completed and signed by the parent/guardian).

**Immunizations:** Students entering 9<sup>th</sup> grade most likely have all of their required immunizations. Those immunizations include: DTP/polio series, Tdap, MMR x2, Hepatitis B x3, Chicken Pox (Varicella) x2, and Meningitis. Please check with your healthcare provider to make sure your student is up-to-date on required immunizations for school.

It is a good idea to make your physical appointment now, as the offices get very busy over the summer months. Physical/immunization forms must be turned in **BEFORE** the first day of student attendance. **Students will not be allowed to begin the school year until they are in compliance with these requirements.**

**Health Survey Form:** Please complete a new health survey for each of your students.

**Dental Exam:** The State of Illinois is in the process of passing legislation to require a dental exam for all 9<sup>th</sup> grade students. It is not mandatory at this time, but we wanted to make you aware of the state’s intentions. We will update you as this progresses.

**Medications:** Please note that **ALL MEDICATIONS** to be taken at school must have written authorization by **you and your healthcare provider**: this includes all over-the-counter medication **AND** prescription medication.

- An adult must drop all medication off at the office. Never send medication to school with your student.
- Students are not allowed to have any medications in their possession during the school day (unless approved by healthcare provider in writing).
- If your child has asthma, the State of Illinois requests an Asthma Action Plan be completed by your child’s healthcare provider and turned in at the start of the school year.
- Please bring only **swallow or chewable** over-the-counter meds. (Avoid liquids, if possible)

If you have any questions about the health requirements or use of medications at school, please feel free to contact Nurse Pam.

Thanks for helping your student be prepared for the first day of high school!  
We are looking forward to successful 2019-20 school year!