



**Class of 2030
PHYSICALS ARE DUE BY July 1st, 2026**

Dear Parent/Guardian,

The School Code of Illinois requires a Physical Exam performed by a Physician, Advanced Practice Nurse (APN), or a Physician Assistant (PA) on all children entering a private school for 9th grade. The exam must be completed on the required Certificate of Child Health Examination Form. **A parent signature and completion of the Health History section are required on this form.**

Proof of immunizations from birth up until 9th grade must be provided as well. For any religious objections to vaccinations, the Religious Objection Form must be completed for this school year by a parent/guardian and Physician. Freshmen are not required to complete a sports physical form since the Certificate of Child Health Examination Form includes approval for sports for their freshman year.

If you have changed doctors, you must obtain the immunization dates from the previous doctor or agency that administered the immunizations. If previous medical records are not available, elementary school records bearing a doctor's signature may be used to verify immunization dates but are not to be used in place of the examination required for entrance to high school.

All Illinois children in Grade 9 (freshman year) are also required to have an Oral Health Examination. Examinations must be performed by a licensed Dentist, and he/she must sign the Proof Of School Dental Examination Form.

MANDATORY: (To be turned in to Marist High School):

- **Certificate of Child Health Examination Form**
- **Proof Of School Dental Examination Form**
- **Copy of your child's birth certificate**
- **Medication Authorization Form (if your child will be taking any prescribed or over the counter medication at school)**

Completed forms can be:

- Mailed to Marist High School, 4200 W. 115th Street, Chicago, IL 60655 Att.: School Nurse
- Scanned and sent via email to healthforms@marist.net (Note that photos or pictures are NOT acceptable.)
- Faxed to the Health Office at 773-881-1621

Medication, Asthma, Diabetes and Seizure Information

Students that require medication during school hours, whether prescription or over the counter, may only self-administer or have such medication administered in accordance with Marist High School policies and applicable State law. In order to administer medication during the school day, Marist High School must receive a completed, signed School Medication Authorization Form. This applies to medication for headaches, menstrual cramps, or any other medical condition. Medication to be administered at school must be stored in the Health Office. Students have the right to refuse administration of any medication. If a student refuses medication, an administrator and the parent/guardian will be notified immediately. Parents/guardians will be notified of any unused or expired medication remaining at the end of the school year. All expired or unused medication must be picked up from the Health Office by a parent/guardian prior to the end of the school year. Any medication remaining will be properly discarded.

Medication Policy

If sending medication to school, the following procedures must be followed:

- **The School Medication Authorization Form** must be completed by the student's parent/guardian and licensed prescriber and returned to the school nurse. **This form is completed annually and permission to administer medication is valid only for the school year in which it is granted.**
 - For students self-administering and/or self-carrying asthma medication, only written authorization from the student's parent/guardian is required.
 - For students self-administering and/or self-carrying epinephrine injectors, written authorization from the student's parent/guardian and written authorization from the student's physician, physician assistant, or advanced practice registered nurse is required.
- **Prescription medication** brought to the Health Office must be in an original pharmacy container with a pharmacy label and within the use-by date. The prescription label must contain the name of the medication, prescribed dosage, and time or times at which or the circumstances under which the medication is to be administered. Your pharmacy should be able to supply an extra labeled container for school. The student's name, date of birth, and year of graduation must be affixed to the container.
- **Non-prescription medication** brought to the Health Office must be in the original package with the student's name, date of birth, and year of graduation affixed to the container.

- **If medication dose changes or is discontinued**, parents/guardians are responsible for notifying the Health Office in writing, with confirmation from the licensed prescriber.

No medication will be administered unless these guidelines are followed. The intent of these guidelines is to provide safe administration of medications.

Use of Asthma Medication

Students diagnosed with asthma should always carry their asthma medication and/or inhaler. A completed **School Medication Authorization Medication Form** placement with the student's medical records. If desired, an extra inhaler may be securely stored in the Health Office.

Annually, Marist High School will request parents/guardians of students with asthma to submit a current Asthma Action Plan. If your child has asthma, please have your student's physician complete the **Asthma Action Plan Form**. It will be kept on file in the Health Office. Copies of the Asthma Action Plan may be distributed to appropriate school staff who interact with the student on a regular basis and, if applicable, may be attached to the student's Section 504 plan or IEP. The Asthma Action Plan must be updated yearly.

Diabetes

Pursuant to the Care of Students with Diabetes Act, if your child has diabetes and requires assistance with managing this condition while at school and school functions, a **Diabetes Care Plan** must be signed by the student's parent/guardian and submitted to the school nurse. Parents/guardians are responsible for sharing the student's health care provider's instructions concerning the student's diabetes management during the school day. Accordingly, please work with your child's physician to develop the Diabetes Care Plan, which should include the physician's instructions concerning the student's diabetes management during the school day and a copy of the signed prescription and methods of insulin administration, among other requirements as stated in the Care of Students with Diabetes Act.

A student may be authorized, pursuant to his or her Diabetes Care Plan to self-manage his or her diabetes. If authorized, the student shall be permitted to:

- Check blood glucose when and wherever needed;
- Administer insulin with the insulin delivery system used by the student;
- Treat hypoglycemia and hyperglycemia and otherwise attend to the care and management of his or her diabetes in the classroom, in any area of school grounds, or at any school-related activity or event in accordance with his or her diabetes care plan; and
- Possess on his or her person the supplies and equipment necessary to monitor and treat diabetes.

Once the Diabetes Care Plan is on file with the school nurse, parents/guardians are responsible for and required to:

- Inform the school nurse of any change which needs to be made to the Diabetes Care Plan on file with the school for their student;
- Inform the school in a timely manner of any changes to their emergency contact numbers or contact numbers of healthcare providers; and
- Grant consent for and authorize the school nurse to communicate directly with the healthcare provider whose instructions are included in the Diabetes Care Plan.

Students with diabetes are also permitted and encouraged to store extra supplies, juices, snacks, etc. in the Health Office labeled with the student's name, date of birth, and year of graduation.

Seizure / Epilepsy Plans

If you and/or your child's healthcare provider indicate that your child has a medical diagnosis of Seizures/Epilepsy, the State of Illinois requires all schools to request that you submit a current **Seizure Action Plan** completed by the treating healthcare provider for a student who seeks assistance with epilepsy-related care in a school setting. You are responsible for sharing your child's healthcare provider's instructions on his or her seizure management during the school day, including copies of any prescriptions and the methods for administering those prescriptions. The Seizure Action Plan must be submitted at the beginning of the school year, as soon as possible after your child's diagnosis, or when your child's care needs change during the school year. You are responsible for informing the school of any changes to your child's Seizure Action Plan in a timely manner. New students should submit a Seizure Action Plan upon enrollment. Plans must be updated each school year. This plan will be kept in your child's health file in the School Health Services Office.

Students that are permitted to self-manage pursuant to their Seizure Action Plan will be allowed to possess any supplies, equipment, and/or medication necessary to treat seizures on their person at any time.

Please contact our certified school nurse if you should have any questions:

Phone: 773-881-5352 - Email: gaida.amanda@marist.net - Fax: 773-881-1621