

BE WISE

AVOID THE CROWDS



GET YOUR REQUIRED 9TH GRADE PHYSICAL EARLY

The state of Illinois requires that a Certificate of Child Health Examination form be completed by a physician and parent. **District 218 will not permit you to pick up your child's schedule without a completed Physical Examination and immunization record that comply with state guidelines.**

The following checklist is provided to assist you:

Parent

1. **Do not wait to make an appointment with the doctor. Do it now!**
2. The elementary school has provided you with a copy of your child's shot record. You **must** bring that and the Health Exam form to the doctor's office, as your doctor may not have a complete record of your child's shots. All immunizations must be complete and recorded on the form or **school schedules will not be given out.**
3. Complete and **sign** the Medical History portion.
4. Make sure **both sides** of form are complete. Areas have been highlighted for your convenience. Incomplete Health Records will be returned.
5. Turn complete health records in to school nurse **prior to July 1st. Student schedules will not be given out without complete health information. There are no exceptions!**

Doctor

1. Fill in the immunization dates; give necessary immunizations, **sign and date the signature block under that section.**
2. Complete the **physical exam portion, sign and date block.**
3. **Please do not forget to indicate approval for physical education.**
4. **Diabetic screening is mandatory. Incomplete forms will be returned.**

*There is no need to have a separate sport physical freshman year. This physical will suffice for both school and sport, (9th grade only). Please make a copy of this exam form (after completed by physician) and turn the **copy** in to the coach. Turn **original** in to school nurse before July 1st. You cannot play a sport or begin school or attend any school activity without the physical exam. **There are no exceptions.**

Thank you,
Janet Callahan, RN PEL-IL
Alan B. Shepard High School
371-1111 ext 3780

*This is to notify you that your student may have a vision &/or hearing screening done at school. This screening is not a substitute for a complete vision/hearing evaluation by a doctor.