

PCHS Incoming 9th Graders Nurse's Office Checklist

A complete physical -- **REQUIRED: Your child cannot start school without this**

- Must be signed by doctor
- Parent portion must be completed and signed by parent
- Must be within 1 year of the 1st day of 9th grade
- Cannot be a sports physical
- For those playing sports, this physical **does** count for the sports physical requirement (our athletic office gets a copy of the complete physical from our nurse's office)

A complete list of immunizations -- **REQUIRED: Your child cannot start school without this** (see reverse side for details)

Dental Examination Form -- **REQUIRED: Your child cannot start school without this.**

Any of the following forms that apply to your child (all optional -- can complete during online registration or bring in paper forms from folder):

- **Prescription Medication form:** Required for any inhalers or prescription medication
- **Physical Education/JROTC informational form:** Required if there are any physical restrictions with exercise
- **Documentation of any specific medical needs** your child has

Physical & Immunization Requirements

- Illinois School Code (State Law) requires all students to have on file in the Nurse's Office a complete physical examination by a licensed medical doctor and a current up-to-date immunization record.
- **Students who do not meet health requirements will be excluded from school.**
- If the student has a medical/religious reason for immunizations being contraindicated, a licensed M.D. and guardian must provide written documentation.
- **Physical requirements:**
 - Height, weight, blood pressure, a review of symptoms, diabetes screening, and signature of physician licensed to practice in all its branches or doctor of osteopathy.
 - For children with special health care needs (medication, dietary, special equipment, etc.), the physician must fill out the "Needs/Modifications Required in School Setting" section.
 - Note the addition of mental health to the requirements.
 - Physician must complete "Participation in P.E." and "Approve Participation in Inter-Scholastic Sports" section.
- **Immunization requirements:**
 - ***Tdap--1 dose:** Required of all incoming freshmen
 - ***Varicella (chicken pox)--2 DOSES** or proof of the disease
 - ***Meningococcal--1 dose:** Required of all incoming freshmen on
or after 11th birthday.
 - *Others required that you probably already have:
 - DPT --3 or more doses
 - Polio--2 or 3 doses
 - MMR--2 doses
 - Hepatitis B--3 doses