



# DISTRICT 186

SPRINGFIELD PUBLIC SCHOOLS

March 17, 2021

Dear Parents of 8<sup>th</sup> Grade Students,

In accordance with Illinois law, your child will need a physical examination completed by a licensed physician, advanced practice nurse or physician's assistant prior to entering 9<sup>th</sup> grade. An updated vaccination record is also required. **All health information is due by the first day of school.** Students that do not provide proof of a recent physical exam and an updated immunization record will be excluded on the 10<sup>th</sup> day of school. Immunizations and a physical exam may be obtained from your child's physician at any time within one year of starting 9<sup>th</sup> grade.

Please call your child's doctor today to schedule an appointment. Having a physician that is familiar with your child and his/her specific health needs is very important in keeping your child healthy. If your child does not have a physician, local health agencies including SIU School of Medicine (545-8000) and Central Counties Health Center (788-2300) are available to provide for your child's medical needs. The Sangamon County Department of Public Health (535-3100) also provides physical exams and immunization clinics.

Physical exams and immunization records may be sent to the high school office at registration or any time prior to the first day of school. Parents should complete the health history section of the physical exam before sending it to the school office.

Students entering 9<sup>th</sup> grade are also required to provide proof of a dental exam prior to May 15, 2022. You may turn in the dental exam at registration or at any time prior to May 15<sup>th</sup>. The exam must have been completed within 18 months of the May 15<sup>th</sup> deadline.

Please call the school nurse at your child's school for questions or assistance.

Sincerely,

Valerie Rogers RN, MSN, PEL-CSN  
Health Services Coordinator

MARGARET T. THURMAN • Director

Student Support Services • 900 West Edwards • Springfield, IL 62704  
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# Health Requirements for High School

## Physicals--Due the first day of school in August 2021

- ALL 9th graders & students new to District 186 need a Physical dated on or after **August 21st 2020**.
- **BOTH** the Parent and Physician sections must be filled out.
- If you have a Religious Objection you need to complete a new form.

## Immunizations--Due the first day of school in August 2021

- Provide an updated list
- If your child is up to date with Middle School vaccines they will **NOT** need any this year.
- **NEW: Hepatitis B** vaccines are required, make sure your child has had 3 doses.
- If you have a Religious Objection you need to complete a new form.

## Physician Resources

SIU	(217) 545-8000
CCHC	(217) 788-2300
Department of Public Health	(217) 535-3102

**If we don't have a Physical and Immunization record by the 10th day of school in 2021 your child will not be allowed at school.**

## Dental & Vision Exams--REQUESTED

- Vision Exams are **due October 2021** & can be dated anytime **after October 2020**
- Dental Exams are **due May 2022** & can be dated anytime **after November 2020**

## Medicine at School

- You need a **Medication Permission Form**
  - **BOTH** the Doctor & Parent **MUST** fill it out
  - This includes over the counter medicine like Tylenol and Ibuprofen

## Action Plans

- Required for Asthma, severe Allergies to food or bug bites, Seizures, & Diabetes
- Get an Action Plan from your doctor, fill out a Medication Permission Form, bring any medicine to the school nurse.