

REMINDER for 20-21 school year!

Students entering K, 6th & 9th grades: Please make Appointments for your SCHOOL physical. There could be delays in getting in to visit the MD or NP for your visit.

Immunizations are required at K and 6th grades.

Entering 12th grade-require a Meningitis immunization.

Health Departments may have limited hours this summer or require an appointment.

Health Information is in the packets that were sent to your address in February.

Difference between SCHOOL Physical and SPORTS Physical

A **SCHOOL** physical:

- Must be on DPH form or MD equivalent.
- Completed at entry to Kindergarten, 6th & 9th grades.
- These ages are major milestones in a student's life.
- Measure height and weight for growth rate. BMI. Obesity.
- Diabetes Risk
- Mental Health issues
- Physical condition for activity.
- Medications
- Immunizations
- Preventative care. Safety review.
- Also, covers sports physical info.

A **SPORTS** physical:

- Not accepted as SCHOOL physical.
- Necessary to ensure student is physically fit to participate in a sport.
- Completed each year that student plans to participate in any sport.
- The form used is designed by the IHSA or IESA organizations.
- Physical is acceptable for 13 months, then a new one is needed.