Dear Parent or Guardian,

On behalf of Health Services, we would like to extend a warm welcome to you and your incoming freshman student. The following documents are included in this packet:

1. **State of Illinois Child Health Examination Form:**
   - Physical must be dated within one year of school start date. Forms dated before 8/16/2022 will not be accepted.
   - Parent/Guardian must complete and sign Health History section of physical.
   - All immunizations must be up to date with the Illinois state requirements.
     - For religious or medical exemption documentation requirements please visit your school's health services website.
   - **This is an Illinois State Requirement.** If we do not receive this form or immunizations are noncompliant your student will be subject to exclusion from school on October 16th, 2023.

2. **District 113 Emergency Information form.**
   - Important contact information in the event that a parent or guardian cannot be reached.

3. **District 113 School Medication Authorization Form.**
   - This form must be completed each school year for medication to be dispensed by the school nurse for all medications, prescriptions and over-the-counter non-prescriptions.
   - Students are not permitted to carry medication during the school day, except inhalers, auto injectable epinephrine, seizure and diabetes medications.
   - All medication must be dropped off by a parent in the original prescription bottle.
   - Make an appointment for any medication drop off before school starts.
   - Parent/Guardian and physician signature are required.
   - See Procedure for Medication administration for more information.

4. **Emergency Action Plans**
   - If your student has a life-threatening allergy or chronic health condition that could potentially require emergency care, please complete and submit the appropriate emergency action plan. Plans can be found on the Health Services Web Pages.
     - [Deerfield High School Health Service](#)
     - [Highland Park High School Health Service](#)
   - Parent/Guardian and physician signature required.
   - Form must be renewed each school year.
5. Dental Form

- 9th graders are required to submit a state dental examination form. The form must be dated on or after **November 15th, 2022.**


Submit Health Forms in the following ways:

**Deerfield High School:**

- Email: dhshealthservices@dist113.org
- Mail: 1959 Waukegan Road, Deerfield, IL 60015 ATTN: School Nurse
- In person: During School hours in Health Services Office B108
- Fax: Deerfield Health Services 224-632-3206

**Highland Park High School:**

- Email: hphshealthservices@dist113.org
- Mail: 433 Vine Ave. Highland Park, IL 60035 ATTN: School Nurse
- In person: During School Hours at Health Services Office A128
- Fax: HPHS Health Services 224.765.2708

✔ Please submit health forms by May 2nd, 2023.

Please contact your student’s respective Health Services Office with any further questions.

**Deerfield High School,**
Health Service: Phone 224.632.3200, Fax 224.632.3206
Deerfield High School Health Services Website
School Nurses: Sharon Urban, MSN, RN, PEL-CSN, surban@dist113.org
Alison McTague, MSN, M. Ed., RN, PEL-CSN, amctague@dist113.org

**Highland Park High School,**
Health Service: Phone 224.765.2200, Fax 224.765.2708
Highland Park High School Health Service Website
School Nurses: Suzanne Spychala, M. Ed., BSN, RN, PEL-CSN, sspychala@dist113.org
Alexandra Powell, BSN, RN, PEL-CSN, apowell@dist113.org

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