



Freshman Health Forms

Township High School District 113



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 8/13/2024 will not be accepted.
- 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 15th, 2025.**

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/guardian 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.



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5. Dental Form

- 9th graders are required to submit a state dental examination form. The form must be dated on or after **November 15th, 2024**.

6. Deadline for health forms: May 1st, 2025.

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 1st, 2025.**

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: Suzy Spsychala, M. Ed., BSN, RN, PEL-CSN, sspsychala@dist113.org

Alexandra Powell, BSN, RN, PEL-CSN, apowell@dist113.org