

February 2023

Dear Parent/Guardian,

Welcome! The following information is to help you understand health – related issues at Cretin-Derham Hall.

### Physical Exams

CDH requests that all incoming ninth graders and transfer students have a current physical exam on file before the start of school. Physicals should be given to the school nurse.

Athletes must use the MN State High School League Sports Qualifying Physical Examination (**MSHSL) form**, which will be available online in May/June. This form should be uploaded before mid August tryouts. **Students will be unable to participate in athletics (including practices) without the completed forms on file.** Individual clinic physicals are not accepted for sports participation unless they specify sports physical.

### Immunizations

Minnesota State law requires all students enrolling in a secondary school to show evidence of current immunizations. **Required immunizations are as follows:**

3 DTP/TD	3 Hepatitis B
3-4 Polio*	1Tdap (age 11 or older)
2 MMR	1 Meningococcal (age 11 or older), <b>booster dose for 12<sup>th</sup> grade</b>
2 Varicella (chicken pox)	

\*New Polio requirement: Last polio vaccine must be on or after the 4<sup>th</sup> birthdate and interval between 3<sup>rd</sup> or 4<sup>th</sup> dose must be 6 months after the previous dose.

Certain legal exemptions are possible.

1. Medical. A physician must sign a “medical contraindication” to immunization statement.
2. Conscientious. A parent can sign a notarized “conscientious objection to immunization” statement.
3. Laboratory confirmed disease history.

Students entering from a school that is within the St. Paul Public School district service area will already have immunization records on file, but those coming from outside the district must provide an immunization record. If the student’s immunizations are not up to date, the student will need to have these updated before school starts in the fall.

### Health Conditions

Please notify the school nurse if your child has asthma, diabetes, seizure disorder, history of a severe allergic reaction or any other health conditions that may affect him/her during school.

### Medications

The school nurse must be notified if a student needs to keep or carry medication at school. Parent/Guardian and Health Care Provider will need to sign consent for prescription medication. Please feel free to call the school nurse at 651-696-3346 or the main office with questions.

Thank you.