

St. Francis Area Schools

4115 Ambassador Boulevard NW, St. Francis, MN 55070
763-753-7040 • www.isd15.org

Physical Examination Guidelines

The Minnesota Department of Education and the Minnesota Department of Health recommend a minimum of four (4) physical examinations during the school years of every student. Because of St. Francis Area Schools organizational structure, it is recommended that students have physical examinations before entering kindergarten, 4th grade, 7th grade and 10th grade. Evidence of a physical exam every three (3) years is required to participate in any extracurricular activity at the high school level.

Since the health of a student is a vital factor in his/her ability to learn as well as to enjoy school life, parents can ensure the best in health for their students by scheduling medical examinations for them. Only by this plan can you positively determine if there exists a need for the treatment or correction of a health issue. The Student Physical Form which can be downloaded from www.isd15.org. This form should be given to your student's health care provider, filled out and returned to the school your student attends. The Health Questionnaire should be filled in by the parent/guardian so the student's health chart at school can be updated.

A student's medications are to be kept in the health office at school. In order for medications to be given at school, a medication consent form must be completed and signed by a licensed health care provider. Medication, in a properly labeled prescription bottle, is required. Medication consent forms are available in the school's health office or found on the district's website.

It is a Minnesota state regulation that all students participate in physical education. If, for any reason, a student's activities are to be restricted during the year, a written health care provider excuse must be brought to the health office. This should include the reason, the length of time to be excused, and any restrictions when the student returns to physical education class.

Dental health is an important part of your student's well-being. Parents are urged to have the dental needs of their student attended to before school begins.

Please feel free to call the St. Francis Area Schools Health Services Coordinator 763-753-7013 or the health office at your student's school if you have questions or concerns.