



Dear Parent/Guardian,

The transition to Middle School is an important milestone for both students and parents. To help make this change as smooth as possible, please read the following important health information. The completed confidential student health information form and immunization record are required.

Immunizations

Minnesota Statutes Section 121A.15 requires children enrolled in a Minnesota school to be immunized against certain diseases, allowing for specified exemptions. All incoming seventh graders need updated immunizations completed (including the **Tdap** and **Meningococcal** immunizations) or the appropriate documentation for exemptions, signed and notarized on the MDH Student Immunization Record. Exemptions need to be up-dated every time more vaccines are required. Your student's immunization records can be found on ParentVUE. The form and further information are located at: Health Services page <http://www.forestlake.k12.mn.us/Page/545> or on the MDH website: <https://www.health.state.mn.us/people/immunize/basics/kids.html>

Confidential Student Health Information

This form provides the health office with your child's health information. When we are aware of health issues, we are better prepared to respond to your child's health needs. The completed form is required for kindergarteners, 7th graders and 10th graders. Parents are asked to contact the health office if there are any changes in their child's health needs. Yearly up-dates are requested on the Emergency Contact form. The link below can be utilized to access the required form. The form maybe completed electronically or printed and submitted to your child's specific building site.

<https://www.flaschools.org/site/handlers/filedownload.ashx?moduleinstanceid=4501&dataid=4602&FileName=Confidential%20Student%20Health-Secondary-%20Information.pdf>

Medications

If your child will need medication at school, bring completed physician orders and medication to the health office prior to the first day of school. The medication authorization form is located on the Health Services page:

<http://www.flaschools.org/cms/lib8/MN01909115/Centricity/Domain/116/Auth%20for%20Admin%20of%20Med%20at%20School%20IDC%2010%20%20%202-14.pdf>

For over the counter medications (NSAIDs (ibuprofen or naproxen) or acetaminophen (Tylenol) only secondary students can self-carry and self-administer, with the following form signed and returned to the health office: If parents prefer the medication can be kept in the Health Office.

<https://www.flaschools.org/cms/lib/MN01909115/Centricity/Domain/116/OTC%20Med%20Self%20carry%20self%20admin%204-19.pdf>

Health Service Website

For general and detailed information including building site contacts/emails and all health related forms please visit the Forest Lake Area Schools website under the Student Services tab (drop down and click on Health Services) or click on the following link: flaschools.org/health