



## REQUIRED HEALTH DOCUMENTATION

*In accordance with Illinois School Code and IHSA requirements, Sacred Heart-Griffin High School requires health documentation for incoming freshmen, incoming seniors, transfer students, and returning student athletes. Please review the requirements and deadlines carefully to maintain SHG enrollment status and, if applicable, athletic eligibility.*

### INCOMING FRESHMEN

- ☐ **Physical examination** on the [Illinois Certificate of Child Health Examination Form](#), completed by a licensed Illinois physician, advanced practice nurse, or physician's assistant. This form must be dated within the last 12 months and include height, weight, blood pressure, BMI, a completed parent section (entire top half of page one), and parent/guardian signature in order to be considered in compliance. *Sports physicals do not meet this requirement for incoming freshmen.*
  - ☐ **Immunization List** showing proof of having received the following vaccines, per the [Illinois Department of Public Health's Minimum Immunization Requirements](#):
    - (3) or more doses of DTaP
    - (3) or more doses of Polio
    - (2) doses of MMR (Measles/Mumps/Rubella)
    - (3) doses of Hepatitis B
    - (2) doses of Varicella
    - (1) dose of Meningococcal Conjugate
- NOTE:** SHG honors medical exemptions and [religious exemptions](#) provided that the State-required paperwork has been completed and signed/dated by the parent/guardian(s) and the medical provider.
- ☐ [Proof of Dental Examination Form](#) verifying that the student has received a dental exam from an Illinois-licensed dentist; dated on or after **November 15, 2025**.
  - ☐ **Allergy Action Plan**, if necessary, signed by the physician. Please contact the main office, 217-787-1595, x101, if your student requires an Epi-Pen or inhaler to be kept in the office.

### DUE DATES

- If your incoming freshman **is** attending SHG Summer School, these documents are due on or before **Friday, May 22, 2026**.
- If your incoming freshman **is not** attending SHG Summer School, these documents are due on or before **Friday, July 24, 2026**.
- **ALL** Fall athletes must have their documents turned in by **Friday, July 24, 2026**, in order to participate in IHSA practices and competitions that begin in early August of 2026.
- Failure to comply with due dates will result in a student being held from school and/or athletic activities. Any student not providing documentation will be excluded from school as of **October 15, 2026**, in accordance with Illinois School Code.

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## **INCOMING SENIORS**

All incoming seniors must provide proof of having received two doses of the meningococcal vaccine. If the first dose of the meningococcal vaccine was received on or after the 16<sup>th</sup> birthday, only one dose is required for entry into 12<sup>th</sup> grade.

Vaccine proof is due on or before **Friday, July 24, 2026**. Failure to comply with this due date will result in a student being held from IHSA Fall athletic activities, including practices and competitions, which begin in early August of 2026.

Any senior not providing documentation will be excluded from school beginning **October 15, 2026**, in accordance with Illinois School Code.

## **TRANSFER STUDENTS**

We are grateful you have joined the Cyclone community! Regardless of age/grade, all transfer students must satisfy all requirements listed for incoming freshmen. New students from out of state must also submit a [State of Illinois Eye Examination Report](#). *All forms must be submitted no later than 30 days after the student's first day of SHG classes and are required to be on file prior to participating in IHSA practices and/or competitions.*

## **RETURNING STUDENT ATHLETES (GRADES 10-12)**

Student athletes must have a current medical or sports physical on file to participate in any IHSA practices or competitions. Physicals expire 13 months after the original date of examination. Either an [Illinois Certificate of Child Health Examination Form](#) or the [IHSA Pre-Participation Physical Examination Form](#) must be completed by the medical provider, parent/guardian, and student, and then turned into the SHG Main Office in order to participate in IHSA practices and/or competitions.

**ALL** returning Fall athletes must have their documents turned in by **Friday, July 24, 2026**, in order to participate in IHSA practices and competitions that begin in early August of 2026.

## **HOW TO SUBMIT DOCUMENTS**

- **In Person:** Drop off at the SHG Main Office, 1200 West Washington Street, during school hours. Please call the office at 217-787-1595 in advance to confirm our hours.
- **Via Email:**
  - ***Incoming Freshmen, Incoming Seniors, Transfer Students:*** email Jennifer Madiar, Administrative Coordinator, [madiar@shg.org](mailto:madiar@shg.org), 217-787-1595, x106
  - ***Returning Student Athletes (Grades 10-11):*** email Alec Quandt, Assistant Athletic Director, [quandt@shg.org](mailto:quandt@shg.org), 217-787-1595, x119

**Thanks! Go Cyclones!**