

## Instructions for Completing Required Health Forms

The following is a summary of which health forms are required annually for our students:

- 1. Emergency Health Information Form:** The Emergency Health Information Form must be completed and **submitted online** using the Redhawk Online Registration System (RORS), which can be accessed at: <https://resource.minnehahaacademy.net/fis/>. To find the Emergency Health Information Form, sign into RORS and click the "Online Forms" link on the right side of the screen. This form must be completed at the beginning of each and every school year for all students. Technical and sign-in questions can be directed to Mary Kate Fretheim, Assistant to the Principal: [Fretheimmarykate@minnehahaacademy.net](mailto:Fretheimmarykate@minnehahaacademy.net).
- 2.** Upper School students may carry and self administer non-prescription pain medicine, acetaminophen or ibuprofen, if the parent completes the [Self Administration of Non Prescription Pain Medication for Secondary Students](#) Form annually and the medication is brought to school in a properly labeled bottle..
- 3. Physical Examination Summary Form:** Students must submit a completed *6-12 grade Physical Examination Clearance Form* from the Minnesota State High School League. Minnesota State High School League requires athletes to complete this form every three years.
- 4. Immunization Record Form:** Minnesota law requires that students enrolled in a Minnesota school demonstrate proof of required immunizations, or that they claim medical or conscientious exemption. Students must be fully immunized by the first day of school. Transfer students are allowed 30 days to provide proof of immunization or proof of medical or conscientious exemption. Immunization form can be found online at <http://minnehahaacademy.net/pdf/forms/health/PhysicalExamination6-12.pdf>. Immunization requirements can be found at <http://minnehahaacademy.net/pdf/forms/health/ImmunizationRequirements.pdf> .

**Due to the importance of this information, we need this completed prior to your student starting school.**

Please submit Physical Examination Summary Forms & Immunization Record Forms to:

*Minnehaha Academy NC Health Office*

*% Heidi Streed RN/LSN*

*3100 West River Parkway*

*Minneapolis, MN 55406*