Prepare Your Child for 7th Grade
Notice of School Health Requirements

The Hawaii State Departments of Education (HIDOE) and Health (DOH) are collaborating on ways to protect and ensure the health of our keiki. Adolescence is a time of physical, emotional, and social change, and a well-child visit with a healthcare provider can help to prevent health issues from developing.

State law requires all students to receive a **physical exam** and **immunizations** before starting seventh grade.

What you need to do:

- Call your child's healthcare provider now to schedule an appointment for a physical exam, as part of a well-child visit
- Bring the attached Student's Health Record (Form 14) to the appointment. During the visit, the healthcare provider will:
    - Conduct the physical exam and administer immunizations;
    - Answer your and your child's questions about health and wellness; and
    - Complete the Form 14
- Submit the completed Form 14 to the school your child will attend for seventh grade

The physical exam must be completed within 12 months before starting seventh grade. Students without the required immunizations by the first day of seventh grade risk being excluded from school. Let the school know if you need more time to schedule your child's appointment.

For more information, visit https://health.hawaii.gov/docd/vaccines-immunizations/school-health-requirements/.

Mahalo for supporting your child's health!