



Medical Care at St. Croix Academy

St. Croix staff take medical care seriously and understand communication with families is crucial. The following document describes what services are covered and advises what parents will want to handle at home, prior to student arrival or during school breaks.

St. Croix staff support student medical care in case of accidents or illness. Preventative health care is the responsibility of the parent. Preventative ("wellness") services are not provided by St. Croix, and most are not covered under overseas accident insurance policies. Thus, they are billed "out-of-pocket." This means families will be required to pay the full amount, possibly on the day of service.

What guardians can expect from St Croix:

1. St. Croix staff is well prepared to provide medical support in case of short-term illness, injury and emergency.
2. For non-emergencies, students are first treated on-campus. St. Croix staff will utilize our school nurse, on-site medical trainer, and dormitory staff to provide care wherever possible/reasonable.
3. For urgent situations, or when referred by the nurse or trainer, students will be taken to a local hospital or clinic.
4. Primarily students are taken to Allina Clinics, TRIA Orthopedic Center (Health Partners), Children's Hospital or United Hospital in St Paul.
5. After a medical event, the Dormitory Student Advisor will contact the student's guardian with a summary of the visit and any follow-up instructions.
6. Automated ("Medical Tracking") reports are sent to parents when a student is given unplanned, over-the-counter medication such as for a headache or sore throat. Please familiarize yourself with our on-campus medication policy in this document before your student's arrival to campus.

What St. Croix expects from guardians:

1. **Insurance:** All dormitory students are required to have medical insurance for the entire school year, including early arrivals for sports. If a student has not submitted proof of insurance, the family will be billed the full amount of any medical event.

If your insurance renews with the calendar year (domestic students) or with a change of employer, it is the sole responsibility of the family to provide the new information. Please submit your insurance on the [Dormitory Portal](#) Student Health section.

Be aware of insurance policy limitations. Most policies require that you pay a deductible and/or a co-pay before they cover the remaining expenses. If purchasing insurance other than GeoBlue, check to see if coverage is limited to certain providers (sometimes called a *preferred provider network* or *ppn*.) You will want to ensure that your plan is eligible at our local Allina clinics.

2. **Preventative / Wellness Care:** Routine and regular health maintenance should be done annually in your home country during the summer months.

Examples of preventative care include dental cleaning/x-rays, braces, wisdom teeth removal, vision exam/glasses, immunizations, annual/sports physical.

A physical exam form is required for all students and must be renewed every 3 years. Parents should schedule a physical with a doctor in the student's home country, prior to arriving at school. Print a copy of the "Sports Qualifying Physical Examination", which is linked in the Health Physical form of the [Dormitory Portal](#) Student Health section. Take it to the appointment for a doctor's signature and submit the form on the link. Using this form will also qualify your student for sports, should he/she decide to participate in high school athletics.

Annual dental cleaning and x-rays are advised in early summer. Wisdom teeth can become problematic during the teen years and are best extracted at home.

Vision exams are encouraged each summer for academic success. You may wish to send a copy of your child's prescription with him/her to school. (In the event that glasses break, a prescription is good for one year.)

3. **Immunizations:** Immunizations are required by the state of Minnesota to attend school. Immunization requirements should be met **before arrival**. Here is a [chart](#) of the shots required in Minnesota. (Page 2 explains what the abbreviations stand for.) If you do not want your child to receive any of the required immunizations, please see the exemptions on page 2. To submit your child's immunization record, go to the [Dormitory Portal](#) Student Health section. Click on the *Immunization Submission Form* to fill in your child's record. If you have questions please reach out to - TJulian@StCroixLutheran.org.

Medication Policy

Over-the-Counter + Prescription

All medication for dormitory students must be administered by St. Croix Dormitory Staff. Students should not bring medication to keep in their dormitory rooms. Students should give medication to St. Croix staff to keep locked in our conference room.

- Please do not bring over-the-counter medications to the dormitory. The dormitory provides all necessary over-the-counter medication for students, and parents will receive email notifications when medications are administered.
- Prescribed medications must be communicated on your St. Croix medical forms. Any prescribed medications also require a doctor's signature.
- St. Croix will communicate with parents when prescribed medications are advised by a doctor during a student's campus stay. St. Croix staff will also administer all prescribed medications.
- Questions or issues regarding medication may be directed to TJulian@StCroixLutheran.org

Counseling and Mental-Emotional Health

St. Croix students have the opportunity to receive on campus or online counseling by a licensed counselor. The first three visits are free of charge. Please contact the individuals below if your child is interested in seeing a counselor through [Christian Family Solutions](#) on-site or online.

~ Pastor Huebner- DHuebner@StCroixLutheran.org

~ Mr. Schoch - GSchoch@StCroixLutheran.org

Students are encouraged to build relationships with dormitory staff or teachers to assist in general counseling outside of professional help.

Helpful Information - [Emotional/Mental Health + CFS Toolkit](#)

- [Blog on identifying signs for teens who need help](#)
- [Blog on what parents should ask when finding a counselor for their child](#)
- [Video on mental health in teens, skills to use at home, and when to ask for help](#)
- [Downloadable toolkit on mental health in the community](#)
- [Video on help for parents with struggling teens](#)
- Not interested in counseling? --- Try Instagram Accounts Related to Education on Mental/Emotional Health - [Example](#)
- [Time of Grace](#) - Daily Devotions in God's Word