

Back-to-School Health Checklist for Families

Dear Parents and Guardians,

As we prepare for the upcoming school year, it is essential to ensure that your child is healthy and ready to learn. Below is a checklist to help you get started:

Health Checklist:

- Visit the pediatrician for a back-to-school physical exam.
- Update vaccinations as recommended by your child's doctor.
- Check your child's vision and hearing.
- Discuss any allergies and necessary action plans with school staff.
- Ensure your child has a healthy diet and is eating regular meals.
- Encourage regular physical activity for at least 30 minutes each day.
- Remind your child about proper hygiene practices (hand washing, etc.).
- Assess mental health and emotional well-being; support your child in transitioning back to school.

Thank you for your cooperation and support in keeping our students healthy. Let's make this school year the best one yet!

Sincerely,

Your School Health Team