



Back to school check list

Welcome Back!!! I hope everyone had a wonderful summer and are rested up to start a new school year. Staying healthy is key to helping our kids learn and grow. Good attendance and being on time are also very important for adequate learning.

So how can we keep our kids healthy and maintain good attendance?

- ✓ Yearly physical exam, and dental check up
- ✓ Immunizations up to date? If you are unsure about your child's immunizations please call your family physician or check in with the school nurse.
- ✓ Create a daily schedule for: waking up, eating breakfast, arriving to school on time, doing homework, enjoying free time, bathing, and getting ready for the next day.
- ✓ If your child has a medical condition or special need such as medication, treatment, or monitoring please contact the school nurse. The school nurse will work with you to make sure all necessary forms are completed and your child's needs are being met.
- ✓ Ensure that your child gets plenty of rest

Thank you for your help and feel free to contact me anytime with questions or concerns.