

# Back to School Family Checklist

## *From your School Nurse*

### For All Parents/Guardians

- Make sure immunizations are up-to-date.
- Review hygiene tips to prevent the spread of infections.
- Establish a bedtime and wake-up time to ensure adequate and consistent sleep.
- Develop a routine for homework and afterschool activities.
- Eat breakfast each day at home or at school.
- Help make appropriate clothing choices (for example, wear comfortable and safe shoes-uniform appropriate).
- Keep an open line of communication with your child to ensure that he/she remains safe at school. If a concern arises (such as bullying), contact the appropriate school officials immediately.
- Get involved! Sign up for the parent organization (PTA/PTO), school Wellness Committee, and mark events such as back-to-school night and parent/teacher meetings on your calendar.
- Ask about the school or district's wellness policy (for example, how does the school address nutrition, activity, stress and mental health concerns).

### If Your Student Has a Health Concern

- Make your child's health concern known to the school and school nurse.
- Introduce yourself and your child to the school nurse.
- Bring current signed healthcare provider orders for treatments and all medications to be given at school. Bring the medication in the original pharmacy container.
- Together with the school nurse and other appropriate officials, and family, develop an individualized healthcare plan (or other educational plans, as needed, e.g., 504, IEP).
- Give permission for the school nurse to communicate with your family's healthcare provider.
- Provide parent/guardian contact information and update the school with any changes.
- Confirm the school's disaster/emergency plan. Make sure your child's medication and/or medical devices (epinephrine auto-injectors, asthma inhalers, insulin, ect.) will be readily available.