

Immunizations

Be Sure to Update Immunizations!

Public schools require immunizations to be updated yearly if needed before the first day of class.

Call your child's doctor to find out if your child needs updated immunizations.

Waiting to complete immunizations close to the first day of school can prevent your child from getting them on-time before the first day of school.

Sports Physicals

* Schools require yearly sports physicals for children participating in sports!
* Sports physicals need to be completed before children can participate in the sport.
* Contact your child’s doctor ahead of time to schedule a sports physical before the start of school so that your child can start on their school sports team on time!

Nutrition

Studies show that children who eat a nutritious breakfast, lunch & snacks during school hours:

 ~ Do better in school

 ~ Have better concentration

Transportation

* How does your child get to and from school?
* Means of transportation can be important:

 **Bus**

 ~ Children should always board and exit the bus at locations that provide safe access to the bus or to the school building.​

 ~ If available, wear seat belts on bus.

 **Biking or Walking**

 ~ Biking Helmet

 ~Appropriate Backpack

 Padded shoulder straps and back.

 Both shoulder straps(one shoulder use can strain muscles)

 Adjust the pack so that the bottom sits at the waist.

 Pack light (rolling backpack for heavy loads).

~ Same Route (the same safe predetermined route should be traveled daily)