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).
- ❑ 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).
- ❑ Advocate for your child to have a school nurse all day, every day by communicating this message to school administrators and decision-makers.

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 school 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.
- ❑ Ask if non-nurses will be providing care (for example, verify who will administer medication) and how these authorized individuals will be supervised.
- ❑ Confirm the school's disaster/emergency plan. Make sure your child's medication and/or medical devices (epinephrine auto-injectors, asthma inhalers, insulin, etc.) will be readily available in an emergency.
- ❑ Let the school know how important it is to have a full-time registered school nurse in the building all day, every day.

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