



Back to School Checklist

Here are a few important items that the nursing office needs to assist you in having a healthy school year.

- Updated health form in PowerSchool
- Immunization updates
- Free Flu vaccine to be provided at school each fall – be on the lookout for permission forms to be sent home.
- Permission form for prescription medication to be given at school if needed. Including inhalers and Epi-Pens.
- Prescription medication should be brought to school by a parent or guardian, with the exception of inhalers, Epi-Pens, and diabetic supplies. Students are not allowed to transport prescription medication to and from school.
- Please contact the nursing office if you student has a new medical condition or serious health concern that you would like us to be aware of.

Remember some basic health tips for your transition back to the routine of school:

- Get Sleep: 8-9 hours is recommended.
- Eat Well: A healthy breakfast is very important as your brain will require fuel for thought!
- Stay Hydrated: Bring a water bottle to school.
- Fit Activity In: Returning to school can be a busy time, remember to continue to find time to exercise at least 5 times per week.
- Take Care of Stress: Find a therapeutic means to reduce your stress; take a walk, listen to music, spend time with pets, yoga, talk to friends/family.
- Avoid Alcohol, Drugs, Tobacco: Choose a clear head and give your high school experience the best chance for success.