

Back-to-School Health & Safety Checklist

Starting a new school year can be exciting and stressful, and COVID-19 has made it harder for schools and families to prepare this school year. Here are some tips to ease your stress and get your family ready for a healthy back-to-school season.



Health Safety

Get a healthy start to the school year by taking these steps:

- Take your child to get a physical exam**
And don't forget to bring the signed forms to the school. **Reminder:** Ask your doctor to check your child's vision.
- Schedule a visit to the Dentist**
Dental check-ups should happen every 6 months. It is the best way to keep your child's teeth healthy and prevent cavities or other problems.
- Talk to your school nurse**
Let the school nurse know if your child has a chronic condition like asthma, diabetes or allergies. The nurse will let you know what she needs to keep your child healthy at school.
- Check that all your forms are up-to-date**
Such as Medication Administration forms, 504's, Asthma Action Plans. This includes your information and your doctor's information.
- Make sure vaccinations are up-to-date**
This helps prevent your child from getting sick and infecting others. Be sure to ask your child's doctor about the flu vaccine. It is extra important to get the flu vaccine this year because of COVID-19.



Physical Safety

It is important this year to prevent the spread of COVID-19. To get your child ready for the school year you can:

- Learn about the school's reopening plan**
Reach out to school staff with any questions you have.
- Remind your child to wash their hands**
Before and after eating, after using the bathroom, and after touching something other people have touched. Practice hand washing at home. Scrub for at least 20 seconds.
Reminder: you can sing "Happy Birthday" twice to get to 20 seconds!
- Practice wearing masks**
Masks should be comfortable and cover a child's mouth and nose. If it is a cloth mask, it should be cleaned after each use. Disposable masks should only be worn once.
- Check your child's temperature every AM**
Children who are feeling sick should not attend school. Let the school know if your child is not feeling well and needs to stay at home.
- Talk to your child about how to practice physical safety at school.**



Emotional Safety

COVID-19 has caused a lot of uncertainty and change in routines. To help students cope with stress you can:

- Talk about the back-to-school plan**
Let your children know what their learning schedule will look like, whether it is in-person or remote. Let them know it is okay to be scared or nervous and check in with them each day. Ask them questions like "What emoji would you use to describe how you are feeling today?" or "Tell me about 1 thing that makes you happy. Tell me about 1 thing that makes you worry?"
- Practice self care together**
Create a back-to-school gratitude journal, practice mindful moments with deep breathing, stretching, or other grounding activities. Follow a daily routine and sleep schedule. Include FAMILY TIME!
- Reach out to someone you trust**
If your child is feeling worried or scared, contact your school for help connecting with additional resources for support.
- Stay connected but distanced**
Schedule safe ways to maintain social connection with classmates and friends, like video calls or virtual game nights.

Ask questions! Here are some ideas to get you started

Top Questions to Ask Your Child's School:

1. I AM HAVING TROUBLE GETTING AN APPOINTMENT OR DON'T SEE A REGULAR DOCTOR, CAN THE SCHOOL HELP ME FIND A TRUSTING PEDIATRICIAN?

2. I AM NOT SURE WHAT FORMS I NEED MY CHILD'S DOCTOR TO SIGN – CAN YOU HELP ME FIND THEM?

3. WHO SHOULD I RETURN COMPLETED FORMS TO?

Health Safety

1. HOW WILL THE SCHOOL SUPPORT MY CHILD WEARING A MASK? WILL THE SCHOOL PROVIDE MASKS IF NEEDED?

2. WILL HAND WASHING STATIONS OR HAND SANITIZER BE AVAILABLE THROUGHOUT THE SCHOOL?

3. HOW WILL PHYSICAL DISTANCING BE MAINTAINED THROUGHOUT THE SCHOOL DAY?

Physical Safety

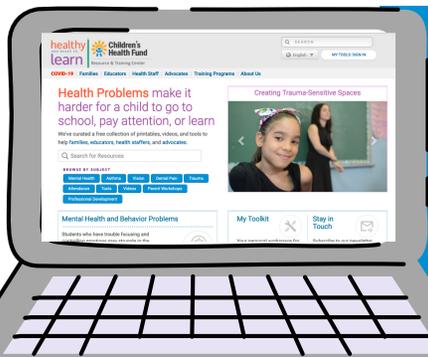
1. WHAT SOCIAL EMOTIONAL SUPPORTS ARE IN PLACE FOR MY CHILD WHO IS LEARNING REMOTELY? WHAT IS IN PLACE TO MAKE SURE THAT MY CHILD STAYS ON TRACK?

2. WHO CAN I TALK TO AT THE SCHOOL IF I HAVE CONCERNS ABOUT MY CHILD OR NEED ASSISTANCE?

3. WHO CAN MY CHILD TALK TO IF WE LOST A FAMILY/FRIEND TO COVID-19?

4. WHAT SUPPORTS ARE IN PLACE TO HELP MY CHILD TRANSITION INTO BLENDED LEARNING?

Emotional Safety



For more resources check out:

<https://www.understood.org/pages/en/families/>
and

<https://www.healthyandreadytolearn.org>

