



BUILDING HEALTHY HABITS

Finish The School Year Strong, Start Summer Healthy!

Hey families,

The school year is almost over! We are proud of all the hard work students and families have put in this year. Summer is a great time to relax, have fun, and take care of your child's health before the new school year begins.

End the school year strong!

Summer is the perfect time to check in on your child's health:

- Schedule your child's yearly doctor, dentist, and eye appointments.
- Ask your child's doctor for a School Physical Form if one is needed for school.
- Make sure your child is up to date on vaccines and ask for a copy of their Immunization Record.
- If your child has asthma, diabetes, severe allergies, seizures or another medical condition, ask the doctor if an action plan is needed for school. These plans help the school know what to do if your child needs medical care during the school day.
- Encourage your child to read a little each day.
- Keep children active by playing outside, riding bikes, swimming, or going for walks.
- Try to keep a regular bedtime, even during summer break.
- Offer plenty of water, fruits, and vegetables to help children stay healthy and strong.

Did you know?

Summer is one of the easiest times to schedule health appointments because there are no school absences to worry about!

Taking care of your child's health now can help them start the next school year healthy, confident, and ready to learn.



Early Childhood - HRL Preschool

Learning Through Play

Young children learn through everyday activities.

-  Draw pictures, color, and do simple crafts.
-  Sing songs and practice counting.
-  Play with puzzles, blocks, and matching games.
-  Visit a park and explore nature together.
-  Try reading a book together every day such as:
'Brown Bear, What Do You See?' By Bill Martin Jr.
or 'The Very Hungry Caterpillar' by Eric Carle.

Even a few minutes of play and learning each day can help children grow.



Resource Family Corner

Summer Health Checklist: ✓

- ☐ Schedule doctor, dental, and eye appointments.
- ☐ Get copies of school health forms and vaccine records.
- ☐ Refill any needed medications.
- ☐ Update emergency contact information.
- ☐ Use sunscreen and drink plenty of water.
- ☐ Ask about free summer meals and local family programs.

Need help finding health care or community resources? Contact the Healthy & Ready to Learn team. We are here to support your family.

