

# Back to School Checklist

## -from Nurse Sue

### *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.
- We are a nut free school, because we have students with life threatening conditions through all routes, such as skin contact, inhaled, ingestion of all nut products. Review foods/oils that have nut products and select alternatives.
- 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 PFC (parent/faculty committee), and mark events such as Open House Night and parent/teacher meetings on your calendar.

### *If Your Student Has a Health Concern*

- Make your child's health concerns 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.
- Develop an individualized healthcare plan (or other educational plans, as needed, i.e. 504s, IEPs) with the school nurse and other appropriate officials.
- Give permission for the school to communicate with your family's healthcare provider.
- Provide parent/guardian contact information and update the school with any changes.
- 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.

*To recycle this paper- Draw a picture of a healthy behavior on the reverse side of the page. Turn the picture into your teacher. Your teacher will give it to Nurse Sue for a drawing of a prize and recognition in her newsletter to staff. Please don't forget your name!*