

## Back-to-School Family Checklist

\*Adapted from National Association of School Nurses' Back-to-School Family Checklist

### For All Parents/Caregivers

- Make sure required and recommended immunizations are up-to-date.
- Review hygiene tips to prevent the spread of infections.
- Establish a bedtime and wake-up schedule.
- Develop a routine for homework and after-school activities.
- Help make appropriate clothing choices, e.g., wear comfortable safe.
- Keep an open communication with your child to ensure that he/she remains safe at school. If a concern arises, i.e., bullying, contact appropriate school officials immediately.
- Familiarize yourself with school policy by visiting YSS Exempted School District website; see parent resource section.
- Know the specialized instructional support personnel available to your child including school nurse and school counselor.
- Know your school's policy regarding when to keep a sick child home (see on district website, parent resource, medical info).

### If Your Child Has a Health Concern

- Make your child's health concern known to the school and school nurse.
- Familiarize yourself with the district's medication administration policy.
- Bring current, signed healthcare provider orders for treatments and all medication to be given at school.
- Give permission for the school nurse to communicate with your child's healthcare provider.
- Provide your contact info with the school and update as they change.
- Meet with school nurse and other appropriate officials to develop an individual healthcare plan or other educational plan (IEP, 504)
- Know school policy regarding emergency/disaster plans, medication availability and non-licensed care providers.
- Introduce yourself and your child to your school nurse.

