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 and 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.