



Healthy School Year Checklist for Families

A few tips from your school Public Health Nurse for keeping your kids safe and healthy this school year and making the most of FCPS School Health Services.

For All Parents/Guardians

- Send updated Health Information Forms and Emergency Care Cards to school
- Make sure immunizations are up-to-date
- Establish evening routines to ensure adequate and consistent sleep
- Review hand-washing and hygiene tips to prevent the spread of infections
- Keep your child home from school when they are vomiting, have diarrhea, or have a temperature of 100 degrees Fahrenheit or higher
- Develop a routine for homework and afterschool activities
- Eat breakfast everyday – at home or at school
- Help make appropriate clothing choices (ex. safe, comfortable shoes; outerwear) and consider keeping a change of clothes in your child's backpack (lower grades)
- Keep an open line of communication with your child to ensure they remain safe
- Update school anytime your contact information or emergency contacts change
- Get involved – volunteer at school

If Your Student Has a Health Concern

- Make your child's health concern known to school staff and school nurse (PHN)
- Visit the Health Room - introduce yourself and your child to the School Health Aide (SHA) and the PHN
- Bring current, signed healthcare provider orders for special procedures and any medications to be given in school. See <https://www.fcps.edu/registration/forms> for FCPS authorization forms.
- Speak with PHN to determine if individualized health plan is needed
- Speak with appropriate school staff to determine need for IEP, 504 or other plan
- Give written consent for PHN to communicate with your child's healthcare provider
- Participate in staff training by demonstrating any special procedures needed in school
- Keep PHN informed of changes in your child's health condition

