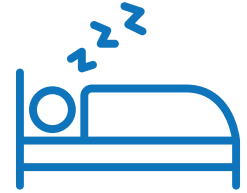


Keep Your Child Healthy and In School

A regular attendance routine is important for your child's well-being, learning and long-term success. Below are tips to keep your child healthy and avoid unnecessary absences from school.

Nutrition, Sleep, and Exercise

- Ensure your child eats a good breakfast every morning at home or at school.
- Maintain a regular bedtime and morning routine.
- Keep screens out of the bedroom and limit use prior to bedtime.
- Encourage your child to stay active for at least 60 minutes a day.



Hygiene

- Stress hand washing, particularly before eating, and after using the restroom.
- Remind your child to brush their teeth twice a day.
- Avoid close contact with individuals who are sick. Don't share cups, utensils, hair brushes, or combs.
- Cover coughs and sneezes with a tissue, or cough/sneeze into an elbow.



Safety

- Make sure your child wears a seatbelt or rides in an appropriate car seat during car rides, and wears a helmet when riding a bike, skateboard, or scooter.
- If your child walks to school, help them learn a safe route to school and to travel with at least one friend. Have a backup plan in case of bad weather.



Wellness

- Ensure your child visits their health care provider for:
 - A physical once a year.
 - All recommended Immunizations, including Flu and COVID-19.
 - Chronic health issues such as asthma or diabetes.

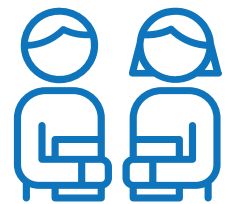


Wellness *(continued)*

- Visit the dentist twice a year.
- Try to schedule non-urgent medical appointments outside of school hours.
- If your child doesn't have health or dental insurance, reach out to your school's nurse or social worker or other staff member to help connect you with resources.
- Complete your school's EES Wellness Survey.
- Allow your child to participate in health and vision screenings offered at school.
- If your child has a chronic health issue such as asthma, make sure that your child's health care provider completes appropriate school forms that allow your child to keep/carry any necessary medications at school.
- If your child has a disability, work closely with the school and your child's health care provider to ensure appropriate supports and services.
- If your child has a compromised immune system or is at high risk for complications from common illnesses, please talk to your school (school nurse if available) about developing a plan with you and your child's health-care provider to keep your child healthy and safe while attending school.
- If you are concerned that your child may have a contagious illness (including COVID-19), call your child's health care provider or school nurse for advice.
- If your child needs to stay home for a prolonged period due to illness, talk to your child's teacher to find out about resources they can use at home to keep learning once they feel well enough.

Engagement

- Make sure your child feels safe and connected at school. Involve them in afterschool activities.
- If you are worried that your child may be suffering from anxiety, talk with your teacher, the school nurse, social worker or other school staff to discuss the challenge and identify what can help your child. If your child is missing class because of challenges with behavioral issues, contact the school and/or your child's health care provider for support and resources.
- Ask the school about health-related policies including about COVID-19.
- Monitor your child's attendance and academic progress on the ParentVue app, and seek support when needed.



Every day counts!

