Darien Public Schools

Department of Nursing Services

June 9, 2026

Dear Families,

With summer around the corner, we wanted to wish your family a safe, healthy, and relaxing break! Below are a few simple habits that can help children stay healthy, safe, and ready to enjoy all the season has to offer.

Healthy Summer Tips

- Encourage your child to drink plenty of water, especially during hot weather and outdoor activities.
- When spending time outside, remember sunscreen (SPF 30+), hats, and protective clothing to help prevent sunburn.
- Water safety is especially important this time of year. Ensure children are closely supervised around pools, lakes, and beaches, and use appropriate flotation devices when needed.
- Summer is also a great time to support healthy routines. Balanced meals, regular physical activity, and plenty of sleep help children feel their best and stay energized.
- When exploring outdoors, use insect and tick protection and perform tick checks after spending time in grassy or wooded areas.

Most importantly, summer offers wonderful opportunities to nurture emotional well-being through relaxation, family time, friendships, outdoor play, and lots of laughter!

Get a Head Start on the 2026–2027 School Year

As you prepare for the upcoming school year, please keep the following reminders in mind:

- All students entering ELP, Kindergarten, 7th Grade, 9th Grade, or those new to the district must submit a Health Assessment and updated Immunization Records from a physical examination completed within the last year before the start of school. If your child is due for an annual physical this summer, we encourage you to schedule appointments now!
- If your child will require prescription or over-the-counter medication during the school day next year, please follow the DPS medication procedures. We recommend scheduling appointments with your child's healthcare provider over the summer and bringing the necessary forms with you. Please ensure that medication orders are dated for the entire 2026–2027 school year.
- Please notify your child's school nurse of any new health concerns, allergies, medications, or medical updates prior to the start of school.

We look forward to reconnecting after August 15th should you have questions or concerns. Additional information, forms, and health resources are available on the DPS Health Services website.

Stay cool,

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