Fall 2026 www.athenscsd.org

Healthy Together

A Quarterly Publication of the Athens City School District Health Team



Welcome Back to School!



We know families are being bombarded with back-to-school information right now, so we're putting all of the medical info here to make it easy to access. Please reach out to us with any questions, or if there's anything we can do to take good care of you child at school. We are here to help!

Medical Issues at School

If your student takes medication at school, or self-carries an inhaler/epinephrine, we need these forms filled out **each new school year**:

- NON-Prescription Medication Form
- Prescription Medication Form

If your child has allergies, asthma, or seizures, we need these forms filled out **each new school year**:

- ALLERGY Emergency Care Plan
- ASTHMA Emergency Care Plan
- SEIZURE Emergency Care Plan

If your child has a serious medical condition, such as diabetes, seizures, or other issues that need attention at school, please be sure to contact the nurses **asap**!

Immunization Information

Immunization Summary for School



Keep Up to Date!

Health Screenings



Every year, the health team does vision and hearing screenings for grades preK, K, 1, 3, 5, 7, 9 and 11.

- If you wish to opt your child out of health screenings, you must alert the nurses each new school year in writing.
- Dental screenings might also be offered - your child's school will let you know if that's an option.
- We no longer offer scoliosis screenings. Please check in with your care provider with concerns.

Immunizations - Double check!



Per ODH requirements, students must be up-to-date on immunizations by the 15th day of school or they risk exclusion. This is especially important for students in kindergarten and 7th and 12th grades, and students who are new to the district.

Many parents forget to turn in updated records, and clinics/medical offices do not automatically send them to the school. So, please ensure that your child's school has the most current immunization record.

Which Nurse Serves Your School?

- Athens High School - Molly Wales and Heidi Shaw
- Athens Middle School - Molly Wales
- The Plains Intermediate - Molly Wales
- East Elementary - Heidi Shaw
- Morrison-Gordon Elementary - Heidi Shaw

Heidi Shaw RN & Molly Wales RN, *Licensed School Nurses, Athens City School District*
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WELCOME BACK TO SCHOOL

PARENT GUIDE #4



Helping Your Child HAVE A GREAT START TO THE SCHOOL YEAR

Children don't need a perfect start. They need to know they are loved, supported, and capable.

Simple ways to help your child feel confident, prepared, and ready for a successful school year.

1 BUILD HEALTHY ROUTINES

Healthy routines help children feel more rested, confident, and ready to learn.

- ✓ Begin adjusting bedtime and wake-up times 1–2 weeks before school starts.
- ✓ Limit screen time before bed to support healthy sleep.
- ✓ Practice morning routines before the first day.
- ✓ Create consistent meal and bedtime routines.

Good sleep today helps them do their best tomorrow.

2 GIVE THEM SOME OWNERSHIP

Giving children age-appropriate choices builds confidence and independence.

- ✓ Let them choose their first-day outfit.
- ✓ Include them in back-to-school shopping.
- ✓ Let them help pack their backpack.
- ✓ Encourage age-appropriate chores and responsibilities.
- ✓ Help them organize their own school supplies.

Ownership today builds independence for tomorrow.

3 BUILD CONFIDENCE TO SPEAK UP

Help your child practice being their own advocate.

- ✓ Encourage them to introduce themselves to their teacher.
- ✓ Practice asking for help when they need it.
- ✓ Teach them it's okay to tell a trusted adult if something doesn't feel right.
- ✓ Remind them it's okay to ask questions.
- ✓ Let them practice solving small problems before stepping in.

Speaking up is a life skill that helps them succeed.

4 BUILD RESILIENCE

Every school year brings new experiences and challenges. Help your child understand that it's okay to:



- Make mistakes.
- Try again.
- Feel nervous.
- Meet new people.
- Learn something difficult.
- Grow at their own pace.

Mistakes are part of learning. Resilience helps kids bounce back and keep going.

5 DON'T FORGET THEIR HEALTH



- Schedule annual well visits.
- Complete school or sports physicals if needed.
- Update immunizations, if recommended.
- Submit school health paperwork and medication forms before the first day.
- Gather medications and supplies needed at school.

ONE-ON-ONE TIME MATTERS

A few minutes together can make a big difference.

Get ice cream · Take a walk · Read a book · Play a game · Have breakfast · Let them choose

CELEBRATE GROWTH

Focus on how far they've come, not just how far they have to go.

- "Look how much you've learned."
- "I'm proud of how hard you work."
- "I can't wait to see what you learn this year."
- "I know you can handle new challenges."

Parent Reminder

The best preparation for a new school year isn't found in the school supply aisle. It's helping your child build confidence, independence, and resilience.

Those are the skills they'll carry with them long after the school year ends.

School Health Connect
Helping families navigate school healthcare with honest, compassionate guidance.

You're not alone. We're here to help.

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