



WELLNESS TIPS

BACK TO SCHOOL PREP



TIPS FOR BACK TO SCHOOL

HEALTH HACKS

With school season returning, keeping kids clean seems to be impossible. Reminding them and yourself of these hygiene tips to prevent the spread of germs:

- 1. Covering your cough or sneeze with a tissue, then throwing it away and washing your hands.**
- 2. Carry hand sanitizer with you for any emergency cleaning.**
- 3. Wash your hands with soap and water for at least 20 seconds.**

START THE SCHOOL YEAR RIGHT:

Habits and routines that are implemented at home right now can go a long way to helping everyone prepare for returning to school! Preparing for back to school can ensure a smooth transition.

- 1. Review school information** Check the school's website, newsletters to familiarize yourself with any updates and changes.
- 2. Purchase school supplies:** Get the school supply list and purchase the items in advance
- 3. Establish routines** Start transitioning back into school routines a couple weeks before school starts.
- 4. Plan transportation** Make sure your child knows the pickup and drop off locations
- 5. Set goals and expectations** Encourage kids to take responsibilities for their studies, extra-curricular activities and personal growth
- 6. Communicate with teachers** Establish communication with teachers to make the transition easier for both you and your child
- 7. Schedule medical check ups** Ensure your child has a recent medical check up and required vaccinations

Back to school season is just around the corner, making sure everyone gets adjusted to new schedules and traffic. These tips will make the back to school transition easier for everyone.

SAFETY TIPS FOR EVERYONE

- Reduce your speed while driving
- Stop for flashing school buses
- Obey crossing guards
- Be aware of school zones
- Be cautious of bikes
- Put your phone down and pay attention to the road
- Always wear your seatbelt
- Do not pass other vehicles in a school zone