

Preparing Your Child For the School Year

PREPARATION / Developing routines and checking on items students will need the first week of school will help students feel prepared and confident

| | NOTES |
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| <input type="checkbox"/> Make sure children are up-to-date with all required vaccines, and consider the recommended flu vaccine. Be sure everyone in the house who is 12 years or older gets vaccinated against COVID-19. | |
| <input type="checkbox"/> At home, review and practice proper safety activities for: <ul style="list-style-type: none"> - Washing and sanitizing hands. - Keeping distance from others. - Avoid sharing supplies with others. - How to cough and sneeze in elbows. - Bus or carpool rules. | |
| <input type="checkbox"/> Make sure you have the masks you need to start the year. <ul style="list-style-type: none"> - Choose masks with two or more layers of washable, breathable fabric. - Have multiple masks so you can wash them daily and have backups. - Make sure any masks from the past school year still fit snugly over the nose and mouth and under the chin and that there are no gaps around the sides. - Talk to your child about other people who may not be able to wear masks for medical reasons like asthma. - Consider labeling masks so they are not confused with those of other children. - Help your child understand how to wear the mask, take off the mask, and where to store it when they take it off during lunch periods. | |
| <input type="checkbox"/> Discuss and develop daily routines, things to pack for school in the morning, and things your child should do when they return home (like washing hands and masks). | |
| <input type="checkbox"/> Be familiar with how your school will make water available during the day, and consider packing a water bottle. | |
| <input type="checkbox"/> Make sure that your contact information is updated with school records. | |
| <input type="checkbox"/> If your child has an Individualized Education Program (IEP) or receives any special support, ask your school if there will be any changes in the year ahead. | |
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ADDRESSING MENTAL HEALTH & SOCIAL EMOTIONAL WELLBEING / Some young people's social, emotional, and mental well-being has been impacted by the pandemic

| | NOTES |
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| <input type="checkbox"/> Talk with your child about how school will look different in the classroom and lunchroom. | |
| <input type="checkbox"/> Ask your child how school is going and about interactions with classmates and teachers. Find out how your child is feeling and communicate that what they may be feeling is normal. | |
| <input type="checkbox"/> Anticipate behavior changes and watch for signs of your child struggling with stress, anxiety, excessive sadness, unhealthy eating or sleeping, or difficulty concentrating. Identify a point of contact for support at the school. | Name of point person: Contact information: |
| Be a role model for your child to practice self-care: <input type="checkbox"/> - Take breaks. <input type="checkbox"/> - Get plenty of sleep, and set routine bedtime routines. <input type="checkbox"/> - Exercise. <input type="checkbox"/> - Eat well. <input type="checkbox"/> - Stay socially connected. | |
| <input type="checkbox"/> Help children stay socially connected with friends and family. | |
| <input type="checkbox"/> Reassure children about their safety and well-being. | |
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Preparing Your Child For the School Year

HAVE A PLAN IN CASE YOU OR YOUR CHILD GETS SICK / Preparing for illness now will help you set plans in motion quickly if required

| | NOTES |
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| <input type="checkbox"/> Check in with your child each morning for signs of illness. If your child has a temperature of 100.4 degrees or higher, they should not go to school. Other symptoms of concern include: sore throat, cough, diarrhea, severe headache, vomiting, or body aches. | |
| <input type="checkbox"/> Identify your school point person(s) to contact if your child gets sick | Name of point person: Contact information: |
| <input type="checkbox"/> Be familiar with local COVID-19 testing sites in the event you or your child develops symptoms. | Site options: |
| <input type="checkbox"/> Plan for possible school closures or periods of quarantine. Even if you or your child are healthy, they may come in close contact to someone who tests positive. You may need to explore teleworking, taking a leave from work, or identifying individuals who can supervise your child. | |
| Make plans for how you separate people who have been infected with COVID-19 from those who are not infected within your house: <input type="checkbox"/> - Stay in separate rooms if possible. <input type="checkbox"/> - Use separate bathrooms if possible, and if not possible, clean after every use. <input type="checkbox"/> - Avoid contact with pets. <input type="checkbox"/> - Don't share personal household items like cups, towels, utensils. <input type="checkbox"/> - Wear masks in the house. | |
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