



# BACK TO SCHOOL

## WELLNESS CHECKLIST

Save time by using this pre-planning checklist for a healthier, hassle-free school year.

### Time for Health Checks

- Schedule physicals and doctor visits
- Renew prescriptions and bring required forms to doctor's office
- Get recommended immunizations

### Time to Get Organized

- Download and print the school calendar to mark important dates in your daily planner
- Set up an area near the exit of your home for shoes, backpacks, and sports equipment to make getting out the door easier
- Create a homework station with supplies
- Designate a spot for school paperwork
- Sign up for after-school activities and fall athletics
- Set up school lunch account for meals
- Arrange for after-school care
- Schedule haircuts

### Time for Daily Routines

- Meal plan and grocery shop for easy, healthy breakfasts and lunches
- Decide on a sleep schedule and practice with alarms for wake up times
- Create evening and morning routines (like proper hygiene; deodorant, hand washing, teeth brushing)
- Do a dry-run of going to school (walking, driving, or taking the bus)
- Take younger children to school playground to be familiar
- Tour the school if your child is new
- Practice calm breathing to deal with anxiety

### Time to Stock Up

- Buy school supplies
- Clean up or buy a new backpack, lunch bag, ice packs, water bottle, raincoat
- Shop for wardrobe basics including comfy shoes
- Stock up on non-perishable healthy snacks

### Time for Safety

- Talk about bus stop safety
- Teach children your mobile number
- Discuss social media safety

### Time to Encourage Communication

- Plan for first day photos to celebrate
- Put a reassuring note in a child's lunch box
- Touch base to discuss child's worries or to problem solve
- Ask about your child's goals for the school year and what they are looking forward to
- Connect with other parents/guardians
- Ensure you have contact information for teacher(s)

**Saint Agnes can help with all your wellness needs.**

Get care for the whole family. To establish or to schedule an appointment with a Saint Agnes Care provider, visit [saintagnescare.com](http://saintagnescare.com).



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