

School Bus Orientation Day to be held on Saturday

Halton Student Transportation Services (HSTS) and the local school bus operators want to remind parents of first-time riders to register for their upcoming "School Bus Orientation Day" which will be held on Saturday, Aug. 29 starting at 9 a.m.

School Bus Orientation Day is a safety program provided by HSTS and the local school bus operators to assist parents and first-time riders in understanding the importance of school

bus safety.

Parents of all first-time riders are encouraged to bring their children to the free sessions, which will feature a classroom presentation on school bus safety, including Off We Go!, a special video on school bus safety and a demonstration on a school bus. School bus company safety officers and bus drivers will talk to the children and their parents about safely getting on and off of the bus, proper behaviour on a

school bus, crossing the street to get to a waiting bus and overall school bus safety. In addition, a handout will be provided to all young riders with tips on school bus safety. Both HSTS and the school bus operators hope the orientation sessions will help students and their parents feel more comfortable riding a school bus before the first day of school.

To register students and secure a preferred time slot, parents must con-

tact the host bus company.

ACTON

Acton District High School
519-853-1550 (Tyler Transport Ltd.)

GEORGETOWN

Georgetown District High School
905-877-2251 (First Student Canada)

MILTON

Bishop Reding Secondary School
905-829-2040 (Stock Transportation)



Back to School Health Checklist

Immunizations

Immunizations are designed to protect your child from serious diseases.

Now is the time to make sure your children are ready for school with all of the required immunizations.

Physical Exam

Physical exams are recommended for your child throughout infancy, childhood, and adolescence in order to identify health problems, such as growth, developmental, and behavioural concerns.

Vision Test

Have your child's vision tested before he starts Kindergarten (ideally by age three) and annually until age 18. As much as 80% of learning is visual, so ensuring children can see properly will help them reach their full potential in the classroom.

Hearing Screening

Have your child's hearing tested by an accredited hearing clinic before the new school year if you suspect they may be having problems hearing. An undetected problem could interfere with your child's learning. Give them the best start to the school year possible!

Allergy Test

Nearly 6 million children have foods allergies. This can be especially serious at the start of a new school year. Be mindful of your school's policy on foods allowed, such as peanut butter, to help protect children with serious allergic reactions to certain foods.

Health Conditions

Ensure the school has up-to-date information about any physical impairments or medical conditions your child may have, including allergies. Also inform the school about any medications your child takes.

Backpack Basics

Your child's backpack should fit properly and shouldn't be too heavy to carry. It shouldn't be more than 10% to 15% of his/ her body weight and should have broad shoulder straps and a waist strap that keeps the bag firmly on the spine. Watch for warning signs that the bag may be too heavy to carry such as sore shoulders or changes in posture.

Nutrition Plan

Ensure your child has a healthy breakfast before heading to school in the mornings, and help them pack a nutritious lunch. Planning meals ahead of time and involving children in planning and preparation can make this task more manageable and fun.



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