




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.

✓ ORTHODONTIC CHECKUP

Your child needs teeth and jaws that are properly aligned. While your child's teeth may appear to be straight, there could be a problem that only an orthodontist can detect. Through an early orthodontic evaluation, you'll be giving your child the best opportunity for a healthy, beautiful smile.

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