

AUGUST

Preparing for BACK-TO-SCHOOL

As we begin the start of the school year, there are a few things you can do now to help ease yourself and your family back into the academic routine. Here are five tips that will help you and your family start your preparations.



1. GET AN ANNUAL PHYSICAL

A yearly physical is covered by your health insurance and allows parents and children to check for potential health problems and discuss possible concerns with a medical provider. Children participating inschool sports may also need a yearly physical. The best place to have this completed is with the child's regular medical provider, if possible, so that they can compare previous results to current findings to get a complete picture of your child's medical history.

2. SET UP A DESIGNATED STUDY SPOT

During the school year, it's good for your child to have a designated study area. This will be especially valuable if remote learning becomes necessary again. Set up a place with a good work surface that can accommodate books and computers. Make sure it is quiet to help concentrate and is well-lit for reading and writing to reduce eye strain.

3. MAKE A LIST OF MEAL & SNACK IDEAS

A full schedule of school and activities can make mealtime and snacks hectic. Make a list of ideas for lunches and snacks that are nutritious and easy to prepare and pack. It's also helpful to make a list of meals you can put in the dinner rotation that comes together quickly after a busy day.

4. BE PREPARED TO GO VIRTUAL

There is a possibility that virtual learning could become a necessity during the school year. Prepare for that possibility and have a contingency plan in place. Make sure you have the necessary technology available and work with your employer now to see if you can devise a schedule that works with your commitments in the office and at home.

5. LEARN MORE ABOUT THE SOCIAL, EMOTIONAL, & MENTAL HEALTH IMPACT OF THE PANDEMIC

COVID-19 has impacted children and young people's social, emotional, and mental health. Get more information from the CDC's COVID-19 Parental Resource Kit, which was created to support parents and caregivers. Visit the CDC's site then scroll down to select the kit for the appropriate age group. Consult with a professional if you or your family members are struggling with possible symptoms.