



Getting Your Family Off to a Healthy Start: A Family's Checklist for School

- 1) What's required for school entrance/attendance?
 - Proof of immunizations (shots)
 - Physical exam for students new to North Carolina public schools including kindergarten or a higher grade. The required Health Assessment Transmittal form must be completed by your child's health care provider. It is available at your child's school or online at <https://www2.ncdhhs.gov/dph/wch/families/>
 - Certified copy of birth certificate (A certified copy has a raised seal and is available for a fee at the Register of Deeds office in the individual's birth county or state's vital records office.)
 - Proof of residence (You may use a utility bill-not phone, a lease agreement or a parent's driver's license with voter card or car registration. Addresses on these documents must match.)
 - A dental check-up (recommended only)

- 2) What kind of information does your child's teacher/school need?
 - Emergency phone numbers
 - Instructions on who is allowed to pick up your child from school
 - Any special after-school arrangements
 - Any significant medical conditions (like asthma, severe allergies, diabetes, epilepsy, heart or kidney problems/conditions, orthopedic problems)
 - Notification of any "life changing" event that may affect your child's behavior or performance (like death in the family, death of a pet, divorce, separation)

- 3) What does my child need from me?
 - Breakfast
 - Healthy snacks for school breaks
 - Limited TV time and more conversation
 - Enough sleep (Ten to 11 hours for elementary school age children)
 - Involvement Get to know the teacher, principal, school nurse, PTA.
 - Guidance, encouragement, praise and...
 - Lots of love!

For more information, contact Guilford County Department of Health and Human Services, Public Health Division at (336) 641-7777 or www.guilfordcountync.gov.