


Back to School Health Guideline

August 2025



The background of the page features a light blue sky with a large, soft white cloud on the left. In the bottom right corner, there is a stylized illustration of a red school building with several windows and a green bush in front of it. The foreground consists of rolling green hills with small orange flowers scattered across them.

Preparing children for back to school involves not only shopping for new school supplies and clothes but also taking care of their health and getting them physically ready for a healthy, happy, and productive new school year. A student's health is closely linked to academic achievement, and the beginning of the school year presents a great opportunity to promote healthy habits early in a child's life and sustain them throughout their life.

Back to School Routine

Establishing a back-to-school routine is an important step to support your child's physical and mental well-being. By incorporating daily physical activity and setting regular sleep schedules, you can help them stay active and energized throughout the school year.



Morning Routine

A good day begins with an organized start. Following a morning routine makes mornings smoother.

You can start by waking your child at a set time each day and following a daily routine that includes:



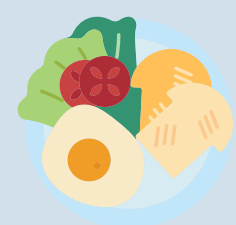
Using the bathroom



Brushing teeth



Wearing clothes



Eating breakfast

Back to School Routine



Healthy Diet

Encourage your child to follow a healthy diet that includes fresh fruits and vegetables, whole grains, dairy products, and lean meats, while limiting saturated fats, added sugars, and sodium.



Physical Activity

Physical activity can help reduce anxiety and improve a child's focus at school. It is recommended that children get at least 30 minutes of physical activity daily (such as walking, running, or playing sports), spread throughout the day—before, during, and after school.



Vaccination

It is essential to ensure that your child receives all the recommended vaccines appropriate for their age. These vaccines play a crucial role in protecting children from highly contagious diseases (such as measles, whooping cough, and others). Additionally, some modern vaccines provide protection against certain types of cancer (such as the human papillomavirus [HPV] vaccine).

Back to School Routine

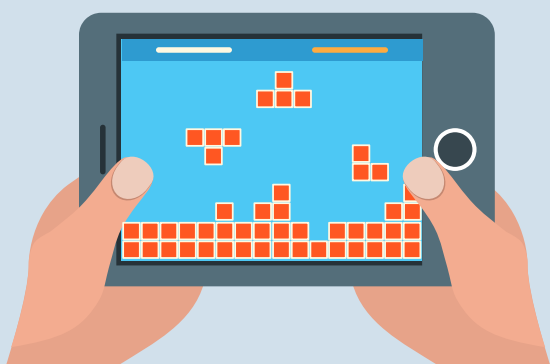
Sleep Routine



Begin adjusting sleep schedules before the school year starts to match school hours. This helps prevent negative effects on health, behavior, and academic performance. Children of different ages require varying amounts of sleep:

- Preschoolers (3–5 years): approximately 10–12 hours per night
- School-age children (6–12 years): approximately 9–12 hours per night
- Teenagers (13–18 years): approximately 8–10 hours per night

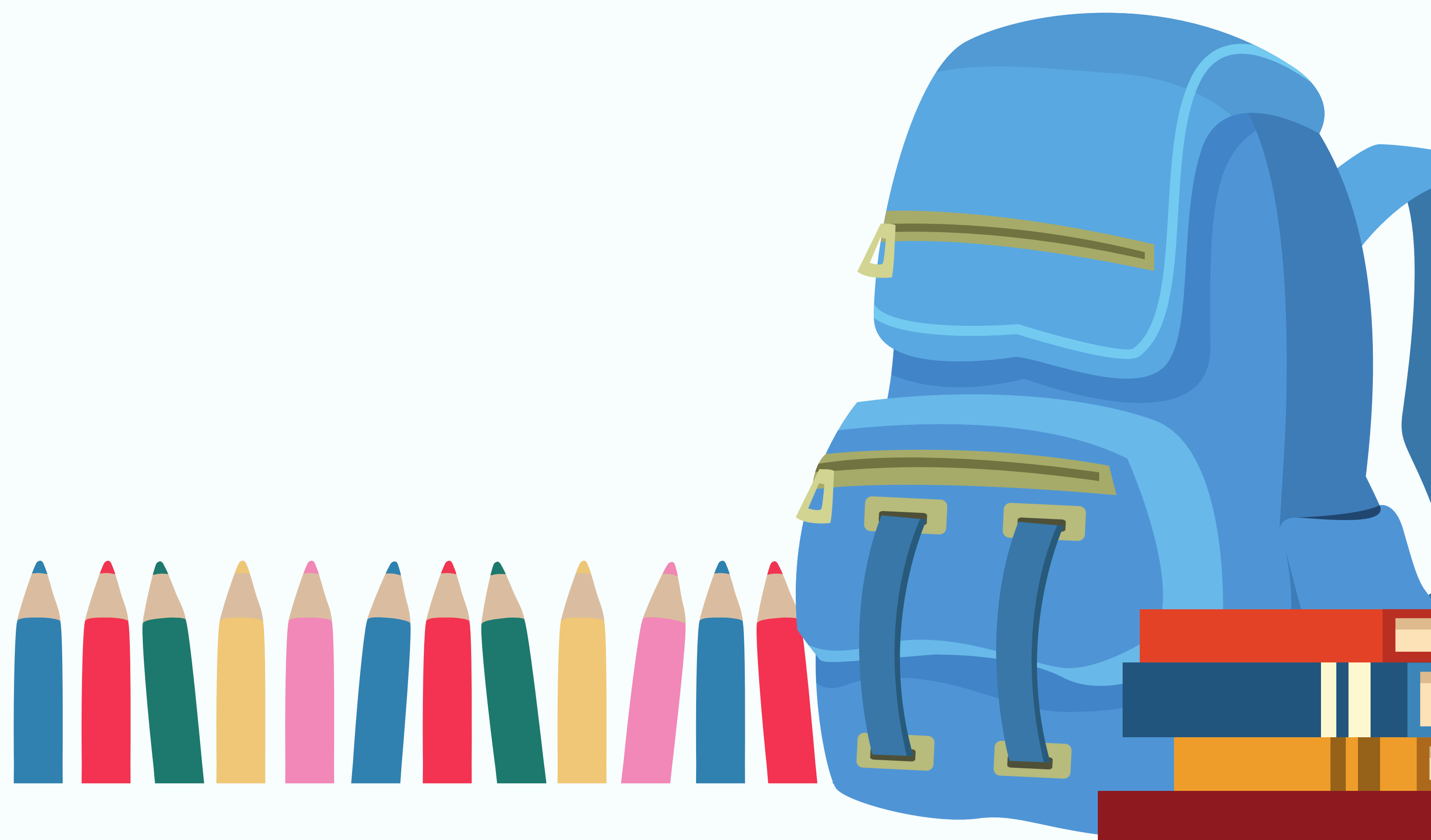
Screen Time



It is recommended to set limits on recreational screen time and establish clear rules and plans for its use during the school year, agreed upon with the child before school starts. It is also important to reduce screen use 30 to 60 minutes before bedtime, as screens can make falling asleep more difficult.

Student School Bag

- Choose a backpack with wide, padded shoulder straps and a padded back.
- Organize the backpack to make full use of its compartments.
- Place heavy items near the middle of the back.
- Ensure the backpack does not exceed 10% to 20% of the child's body weight.
- Check the backpack with the student weekly and remove unnecessary items to keep it light.



School Lunch box

Balanced Nutrition



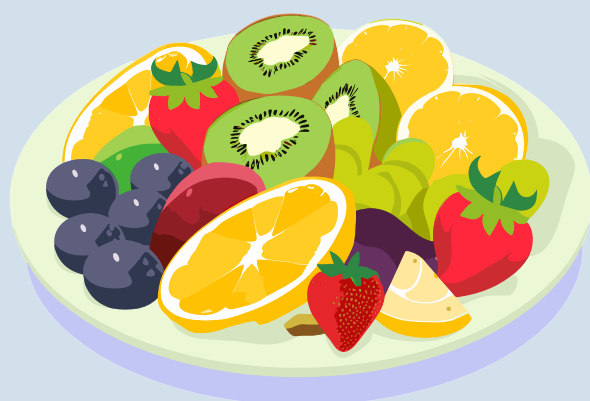
A variety of foods from all food groups should be included, such as fruits and vegetables, whole grains, protein, and dairy products.

Hydration



Ensuring your child drinks enough water is essential for their health, especially during the summer. Water helps cool the body, improve blood circulation, aid digestion, and strengthen the immune system.

Healthy Snacks



For your child's health, prepare healthy snacks such as sliced fruits, vegetable sticks with hummus, yogurt with granola, or unsalted nuts, and avoid sugary snacks, favoring natural sources of sugar like fresh fruits.

Physical Health

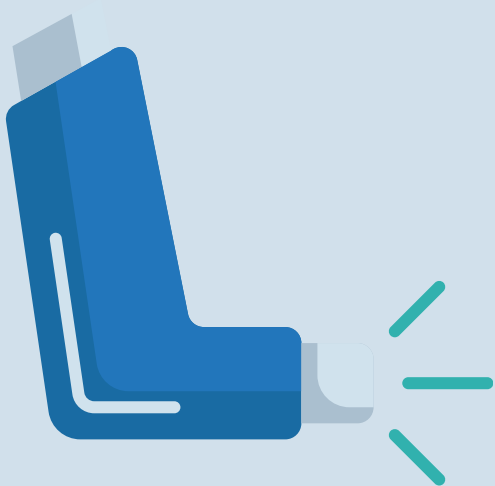
Health Preparedness for School



Make sure to inform the school of any medical conditions your child has, or if they are taking any medications or have allergies, and provide clear instructions along with the necessary documents to the school nurse or administration.

Common Health Conditions in Schools

Asthma



If your child has asthma, it is important to ensure they have an up-to-date treatment plan, provide the school with the necessary medications, and inform the school staff on how to manage symptoms. Regular check-ups and avoiding known triggers are also essential for effective management of the condition.

Allergies



If your child has a severe allergy, make sure they carry an EpiPen with them, provide the school with a backup, and train staff on how to use it. Don't forget to regularly check the expiration date.

Common Health Conditions in Schools

Type 1 Diabetes

Children with type 1 diabetes require careful monitoring at school:



- Ensure the school is informed of the condition.
- Provide necessary supplies, such as insulin, glucose tablets, and a blood glucose monitor.
- Prepare a clear emergency action plan.
- Encourage your child to wear a medical bracelet or necklace indicating their diabetes.
- Maintain ongoing communication with school staff to ensure they understand your child's needs.

Head Lice

Head lice are a common issue among school children:



- Regularly check your child's hair for lice or nits.
- Use medicated shampoo when necessary.
- Wash bedding and clothing in hot water.
- Inform the school if an infestation is detected.
- Teach your child not to share hats or hair accessories to help prevent the spread.

To Prevent Illnesses During the School Year:



During the school day, children are exposed to many germs that may spread through surfaces and are transmitted when they touch these surfaces and then their face or eyes, or when they pass germs to others. To avoid contracting and spreading diseases, it is recommended to follow these instructions:



- Wash hands well with soap and water regularly; Especially before eating, after using the toilet, after blowing your nose, coughing or sneezing.
- Avoid touching eyes, nose and mouth with contaminated hands.
- Use a tissue or the bend of the elbow when coughing or sneezing.
- Avoid close contact with sick students or sharing tools.
- Stay home when sick until fully recovered.
- Clean and disinfect surfaces that are frequently touched.



Heat Exhaustion

At the start of the school year during summer, students may be exposed to heat-related illnesses such as dehydration, heat stress, and heatstroke while playing or exercising. Therefore, it is important to monitor for symptoms and seek immediate medical attention if any appear.



Extreme thirst



Fever and headache



Extreme fatigue



Breathing faster or deeper than usual



Feeling nauseous or vomiting



Not urinating for several hours



Fainting or dizziness



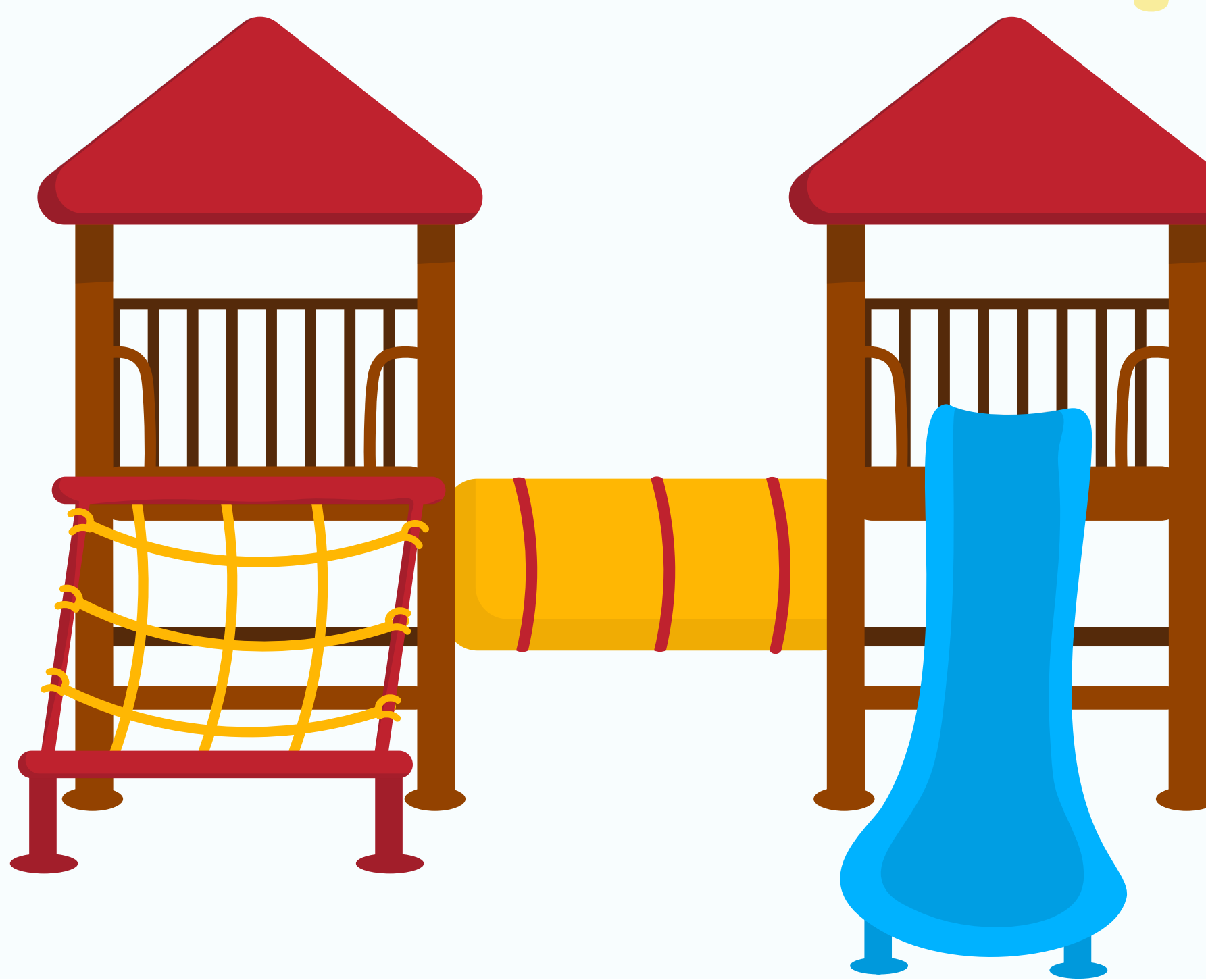
Muscle pain or spasms



Feeling numb or tingling in the skin

To prevent heat-related illness while participating in school outdoor activities:

- Encourage the student to drink water regularly throughout the day, rather than waiting until they feel thirsty.
- Consider using a marked water bottle to help monitor the child's daily water intake.
- Ensure the child wears loose, light, and comfortable clothing in light colors.
- Never leave the child alone in a car, even for a short time, as the interior can become dangerously hot quickly, even with the windows open.
- If symptoms of heat-related illness are observed, move the child to a cool place, encourage them to drink water if they are conscious, cool their body with compresses or a cold bath, and seek emergency care immediately.



Mental Health

For students starting their educational journey for the first time, this can be an overwhelming experience for both parents and children. To ensure a healthy and successful academic year, it is important to build a strong foundation of communication and trust with the student by:



Participate in the student's education by attending parent-teacher meetings. This demonstrates your commitment to their learning and shows that you want to be an active part of their success.



Allocate a quiet space at home and set up a study table with all the necessary tools to help them focus.



Agree on the rules and regulations of the school day with the student before school starts, such as the times for using electronic devices, bedtime, and study schedules.



Let the child know that you are always available to provide support and assistance, and that they can come to you with any concerns or problems they may face, such as bullying or other issues that cause them worry.



Teach children healthy ways to manage anger and conflict, emphasizing that violence is never a solution.

Mental Health Awareness



Make sure to educate your child on the importance of mental health and how to recognize signs of stress or anxiety. Some key signs in children may include:

- Changes in eating or sleeping habits
- Irritability and quick temper
- Mood swings
- Frequent stomachaches or headaches
- Decline in academic performance

Early recognition of these signs helps parents provide support and appropriate intervention. Do not hesitate to seek professional help if your child shows indicators related to mental health or experiences significant stress and pressure.

Bullying



- Teach your child to be kind and empathetic toward others to help prevent bullying.
- Ensure they feel safe talking to you about their experiences so you can address any issues they face.
- Encourage them to stay calm and walk away if confronted by a bully.
- Encourage them to report any bullying incidents to a teacher or another trusted adult.
- Help them build and maintain supportive friendships, so they have a strong network of friends who care for one another.