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**Panhandle**

Public Health District

## News Release

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### **The start of school is just around the corner! Be ready with these important tips**

As students go back to school, it is important that they are ready.

Below is the list of activities that kids need to do or have to stay healthy and safe at school:

- Backpack emergency card to provide emergency contact information.
- Hand Sanitizer and tissues to avoid spreading germs to others (Hand sanitizer should be used with adult supervision for children under 6 years of age.)
- Healthy breakfast, lunch, and snacks to encourage good nutrition throughout the day.
- Reusable water bottle to stay hydrated and avoid sugary drinks.
- Sneakers and loose-fitting clothing to make it easy to be active.
- Helmet to prevent serious head or brain injuries if they bike to school.
- Insect repellent to protect from mosquitoes, ticks, and other insects.
- Sunscreen, hat, sunglasses, long sleeves, and pants to protect from the sun.
- Are up to date on their immunizations.
- Know signs of bullying.

If possible, parents need to ensure their kid(s) have the list above, but also ensure they stay connected and involved in their student's school activities throughout the year. When parents participate in their child's school activities, kids get better grades, choose healthier behaviors, and have better social skills. Back-to-school season is an ideal time for parents to reinforce behaviors that help reduce the effects of stressful life events and teach children the skills to overcome them so they can reach their full potential.

"I hope students across the Panhandle are enjoying a memorable summer. As we anticipate the excitement of the 2024-2025 school year, I encourage families to consider the recommendations from the Panhandle Public Health District to optimize students' readiness for learning. Students learn best when they are safe, healthy, and active," said Dr. Travis Miller, Superintendent of Hemingford Public Schools.

For additional information about worksite wellness, visit the website or call Nicole Berosek at 308-279-3496. The Panhandle Worksite Wellness Council is proudly part of Panhandle Public Health District and specializes in supporting employers in the Panhandle region. We recognize

that many employers support a diverse and remote workforce and offer innovative ways to overcome the challenge of working with a virtual team. We understand that many of our employers do not have full-time wellness resources and work to provide resources and training to make running a worksite wellness program as easy as possible.

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community.

Source: <https://www.cdc.gov/chronicdisease/resources/infographic/back-to-school.htm>;  
<https://www.cdc.gov/nccdphp/dnpao/division-information/media-tools/dpk/back-to-school/index.html>; <https://www.cdc.gov/healthyschools/features/B2S.htm>