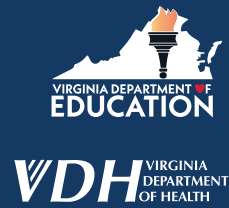




2021-2022 Checklist For Currently Enrolled Students



Back to school isn't just about stocking up on school supplies. Be sure your child is ready for a healthy year ahead. Use this checklist as a guide – and be sure to talk to your school for more details.

Check when complete	Task	For more information	Notes
	<p>Visit your child's healthcare provider for an exam and immunizations to complete school entrance and sports physical forms.</p> <p>ALL STUDENTS: To attend school in Virginia, your child will need these immunizations (or a completed religious exemption certificate):</p> <p>Kindergarten: Hepatitis A Grade 7: TDaP, HPV*, Meningococcal Grade 12: HPV*, Meningococcal</p> <p>This list includes new vaccination requirements! *Note: parents or guardians may opt for their child not to receive the HPV vaccine.</p> <p>ATHLETES: Students participating in school sports will need a completed sports physical form, to be filled in by a healthcare provider.</p>	<ul style="list-style-type: none"> • For printable school health forms visit VDH at: vdh.virginia.gov/school-age-health-and-forms/school-health-forms-and-action-plans/ • To learn more about new requirements: vdh.virginia.gov/immunization/requirements/ • For information on finding FREE school-required vaccines for children: vdh.virginia.gov/immunization/vvfc/ and the virginia.gov/health-department-locator/ • For a Virginia High School Athletic League sports physical form for participating in school athletics: www.vhsl.org 	<p>Record the doctor's visit date and list all immunizations received</p>
	<p>Visit a dentist for a back-to-school checkup. Note: If your family is insured through Medicaid, both children and adults are now covered for dental care in Virginia.</p>	<ul style="list-style-type: none"> • Ask your school nurse for information about school-based dental clinics • To find a dentist: vdh.virginia.gov/oral-health/ • For more details on Virginia's expanded Medicaid coverage: dmas.virginia.gov 	<p>Record date of visit to the dentist and any notes</p>
	<p>Ask your school about COVID-19 safety measures and rules – and get your children vaccinated for COVID-19 if they're age 12 or older</p>	<ul style="list-style-type: none"> • For a list of questions to ask your school: schools.forhealth.org/risk-reduction-strategies-for-reopening-schools/faqs/ • To find a free COVID-19 vaccine for your child age 12 or older, go to vaccinate.virginia.gov 	<p>Record date you touched base on rules</p>
	<p>Do an emotional wellness check. Ask your children how they feel and seek help if they need it.</p>	<ul style="list-style-type: none"> • For prevention strategies and programs visit Mental Health Resources doe.virginia.gov/support/prevention/index.shtml • For emotional wellness and suicide prevention support, visit bewellva.com 	<p>Record date you had a discussion on mental wellness</p>
	<p>Seek out disability or special education support services if you need them.</p>	<p>For disability and special education details: doe.virginia.gov/special_ed</p>	<p>Record notes on actions to take</p>