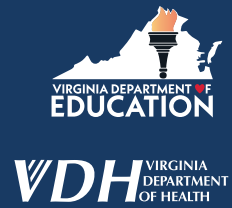




# 2024-2025 Checklist For Currently Enrolled Students



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
<input type="checkbox"/>	<p>Visit your child's healthcare provider for an exam and immunizations to complete school entrance and sports physical forms.</p> <p><b>ALL STUDENTS:</b> To attend school in Virginia, your child will need these immunizations (or a completed religious exemption certificate):</p> <p><b>Kindergarten:</b> 4 doses of DTaP, 4 doses of Polio, 2 Doses of Hepatitis A, 3 doses of Hepatitis B, 2 doses of MMR, 2 Doses of Varicella</p> <p><b>Grade 7:</b> Tdap, HPV*, Meningococcal</p> <p><b>Grade 12:</b> Meningococcal</p> <p>*Note: parents or guardians may opt for their child not to receive the HPV vaccine.</p> <p><b>ATHLETES:</b> 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"><li>• For printable school health forms: VDH School Health Forms Website: <a href="https://www.vdh.virginia.gov/school-age-health-and-forms/school-health-forms-and-action-plans/">https://www.vdh.virginia.gov/school-age-health-and-forms/school-health-forms-and-action-plans/</a></li><li>• To learn more about new requirements: VDH Immunization Website: <a href="https://www.vdh.virginia.gov/immunization/requirements/">https://www.vdh.virginia.gov/immunization/requirements/</a></li><li>• For information on finding FREE school-required vaccines for children: Virginia Vaccines For Children: <a href="https://www.vdh.virginia.gov/immunization/vvfc/">https://www.vdh.virginia.gov/immunization/vvfc/</a>, <a href="https://www.vdh.virginia.gov/health-department-locator/">https://www.vdh.virginia.gov/health-department-locator/</a></li><li>• For a Virginia High School Athletic League sports physical form for participating in school athletics: <a href="https://www.vhsl.org/vhsl-physical-form/">https://www.vhsl.org/vhsl-physical-form/</a></li></ul>
<input type="checkbox"/>	<p>Visit a dentist for a back-to-school checkup.</p> <p>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"><li>• Ask your school nurse for information about school-based dental clinics</li><li>• To find a dentist: <a href="https://www.vdh.virginia.gov/oral-health/">https://www.vdh.virginia.gov/oral-health/</a></li><li>• For more details on Virginia's expanded Medicaid coverage: <a href="https://www.dmas.virginia.gov/">https://www.dmas.virginia.gov/</a></li></ul>
<input type="checkbox"/>	<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"><li>• For prevention strategies and programs visit the <a href="https://bridge2resourcesva.org/">https://bridge2resourcesva.org/</a></li><li>• For emotional wellness and suicide prevention support, visit <a href="https://bewellva.com/">https://bewellva.com/</a></li><li>• For information about the Governor's behavioral health plan, visit <a href="https://bit.ly/3XZNvae">bit.ly/3XZNvae</a></li></ul>
<input type="checkbox"/>	<p>Seek out disability or special education support services if you need them.</p>	<p>For disability and special education details: <a href="https://www.doe.virginia.gov/programs-services/special-education/information-for-families">https://www.doe.virginia.gov/programs-services/special-education/information-for-families</a></p>