



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>ALL STUDENTS: To attend school in Virginia, your child will need these immunizations (or a completed religious exemption certificate):</p> <p>Kindergarten: 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>Grade 7: Tdap, HPV*, Meningococcal</p> <p>Grade 12: Meningococcal</p> <p>*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: VDH School Health Forms Website: https://www.vdh.virginia.gov/school-age-health-and-forms/school-health-forms-and-action-plans/• To learn more about new requirements: VDH Immunization Website: https://www.vdh.virginia.gov/immunization/requirements/• For information on finding FREE school-required vaccines for children: Virginia Vaccines For Children: https://www.vdh.virginia.gov/immunization/vvfc/, https://www.vdh.virginia.gov/health-department-locator/• For a Virginia High School Athletic League sports physical form for participating in school athletics: https://www.vhsl.org/vhsl-physical-form/ |
| <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">• Ask your school nurse for information about school-based dental clinics• To find a dentist: https://www.vdh.virginia.gov/oral-health/• For more details on Virginia's expanded Medicaid coverage: https://www.dmas.virginia.gov/ |
| <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">• For prevention strategies and programs visit the https://bridge2resourcesva.org/• For emotional wellness and suicide prevention support, visit https://bewellva.com/• For information about the Governor's behavioral health plan, visit bit.ly/3XZNvae |
| <input type="checkbox"/> | <p>Seek out disability or special education support services if you need them.</p> | <p>For disability and special education details: https://www.doe.virginia.gov/programs-services/special-education/information-for-families</p> |