



# 2022-2023 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><b>Visit your child's healthcare provider for an exam and immunizations to complete school entrance and sports physical forms.</b></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> Hepatitis A <b>Grade 7:</b> Tdap, HPV*, Meningococcal <b>Grade 12:</b> HPV*, Meningococcal</p> <p><b>This list includes new vaccination requirements!</b> *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: <a href="#">VDH School Health Forms Website</a></li><li>• To learn more about new requirements: <a href="#">VDH Immunization Website</a></li><li>• For information on finding FREE school-required vaccines for children: <a href="#">Virginia Vaccines For Children</a> and the <a href="#">Virginia Health Department Locator</a></li><li>• For a Virginia High School Athletic League sports physical form for participating in school athletics: <a href="#">VHSL Sports Physical Form</a></li></ul>
<input type="checkbox"/>	<p><b>Visit a dentist for a back-to-school checkup.</b> 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="#">VDH Oral Health page</a></li><li>• For more details on Virginia's expanded Medicaid coverage: <a href="#">Virginia Medicaid</a></li></ul>
<input type="checkbox"/>	<p><b>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.</b></p>	<ul style="list-style-type: none"><li>• For a list of questions to ask your school: <a href="#">Healthy Buildings' Schools for Health site</a></li><li>• To find a free COVID-19 vaccine for your child age 12 or older, go to <a href="#">Vaccinate Virginia</a></li></ul>
<input type="checkbox"/>	<p><b>Do an emotional wellness check.</b> 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="#">Department of Education</a></li><li>• For emotional wellness and suicide prevention support, visit <a href="#">bewellva.com</a></li></ul>
<input type="checkbox"/>	<p><b>Seek out disability or special education support services if you need them.</b></p>	<p>For disability and special education details: <a href="#">VDOE Special Education site</a></p>