



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
☐	Visit your child's healthcare provider for an exam and immunizations to complete school entrance and sports physical forms. ALL STUDENTS: To attend school in Virginia, your child will need these immunizations (or a completed religious exemption certificate): 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 Grade 7: Tdap, HPV*, Meningococcal Grade 12: Meningococcal *Note: parents or guardians may opt for their child not to receive the HPV vaccine. ATHLETES: Students participating in school sports will need a completed sports physical form, to be filled in by a healthcare provider.	• 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/
☐	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.	• 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/
☐	Do an emotional wellness check. Ask your children how they feel and seek help if they need it.	• For prevention strategies and programs visit the https://bridge2resourcesva.org/ • For emotional wellness and suicide prevention support, visit https://bewellva.com/
☐	Seek out disability or special education support services if you need them.	For disability and special education details: https://www.doe.virginia.gov/programs-services/special-education/information-for-families