

September Health & Wellness Tips for Schools

1. Back-to-School Health Check

- Encourage families to schedule annual **physicals, dental checkups, and vision screenings.**
- Ensure **immunizations** are up-to-date, including flu vaccines later this month or early October.

2. Establish a Healthy Sleep Routine

- Kids and teens need **8–10 hours of sleep** for focus and mood stability.
- Set regular bedtimes and limit screen time at least **1 hour before bed.**

3. Nutrition for Learning

- Promote **balanced breakfasts**—important for energy and attention span.
- Include whole grains, fruits, proteins, and limit sugary snacks.
- Encourage reusable water bottles and **hydration throughout the day.**

4. Physical Activity Matters

- Recommend **at least 60 minutes of activity** daily for children and teens.
- Highlight fun activities: walking clubs, recess games, or after-school sports.

5. Mental Health Awareness

- Check in with students emotionally as they adjust to school routines.
- Share resources about **stress management**, mindfulness, or counseling services.
- Promote kindness and inclusion: **September 21 is the International Day of Peace.**

6. Handwashing & Hygiene

- Reinforce handwashing before eating and after using the restroom.
- Discuss covering coughs/sneezes and not sharing personal items like water bottles.

7. Screen Time & Digital Wellness

- Encourage screen breaks and **“tech-free” family time.**
- Talk about healthy online behavior, cyberbullying prevention, and digital boundaries.

8. Celebrate Fruits & Veggies Month! 🍎 🥦

- September is **National Fruits & Veggies Month**. Promote colorful, seasonal produce in school lunches.
- Organize a “Try a New Fruit or Veggie” day.