



Back to SCHOOL

Health and Wellness Tip of the Week

Week 36 – September 2, 2019

So Long, Summertime!

Preparing to go back to school can be an exciting time for children. Make sure they're healthy and ready for the big day! Here a few health and safety tips to make sure your child is ready to conquer the first day:

- Schedule a medical, eye and ear exam
- Keep kids active and excited to learn
- Encourage healthy meal and snack choices every day
- Learn the safest route to school
- Teach your child about bullying and how to prevent and address it
- Make sure your kids are safe if participating in sports

Follow these tips to make the year ahead a great one!

Source: Centers for Disease Control and Prevention

City of Mission

Human Resources Department
1201 E. 8th Street
Mission, TX 78572
956-580-8631

Our mission is to promote health awareness and encourage healthy lifestyles.

www.missiontexas.us

