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The Health Care District's School Nurses share their top back-to-school tips for you and your child

Our School Nurses help guide parents and public school students before the start of school.

Their ideas and insight are featured in the Palm Beach Post:



Tips from Freda Laurent, RN

"I always tell parents that a rested brain is ready to learn. Therefore, at least two weeks prior to school reopening, try to re-instill the early bedtime habit, as it will be necessary to ensure at least an eight-hour night sleep prior to each school day..."

Read more of Freda's insights in the Palm Beach Post article [Health supervisor tells how to get the children ready for school year](#) (opens new window).



Tips from Heather Stetson, RN

"Parents should make an appointment with their pediatrician during the

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summer to obtain any required paperwork such as physicals, immunizations and medication authorizations for prescription or over-the-counter medications..."

Read more of Heather's insights in the Palm Beach Post article [Parent's updated contact information essential](#) (opens new window).



Tips from Zuzel McCarthy, RN

"Good nutrition is also a vital component to a child's focus and energy. Parents should give their children a well-balanced breakfast every morning..."

Read more of Zuzel's insights in the Palm Beach Post article [Nurse: Sick students must see a physician](#) (opens new window).



Tips from Oramari McCarthy, RN

"I encourage students to pack a healthy lunch, snack and to bring a water bottle with them to school. The start of the school year can be stressful so please encourage proper nutrition, exercise and rest..."

Read more of Oramari's insights in the Palm Beach Post article: [Nurse emphasizes how to live a healthy lifestyle](#) (opens new window).

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