Summer Goes Fast

Be Ready for the Start of School

Here are some tips for a smooth start to the school year.

Make sure your kids are up to date on their immunizations.

- Schedule your doctor visits in June to avoid the rush.
- Get an Official Tennessee Immunization Certificate from your medical provider or the county health department.

Act now so you are ready to go back to school.

- Sleep matters. Ease back into a routine of earlier wake-up times and bed times before school starts.
- Create a calendar. Post a calendar big enough for listing events, assignments, PTA meetings etc.
- Get school supplies.
- Organize paperwork. Check with the school about medical forms or other papers they need.
- Set up a study area as a safe, quiet space where your child can focus.

DON’T BE LATE!!! The first day of school is ________________.

Every day of learning matters. Even missing a day or two of school can put your child behind.

For general information about children’s health, education, development, and support, and for a directory of state services for children and families, visit www.kidcentraltn.com.