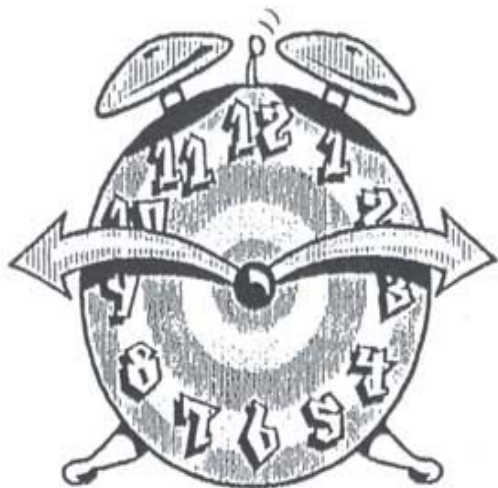


REGULAR SCHEDULES



Children need to be well rested to do well in school. Set regular bedtimes and avoid strenuous activity before bed. Don't allow your child to watch TV in bed.

Children need to arrive at school on time. Get an alarm clock and encourage your child to use it.

Regular school attendance is critical for academic success.

WHERE TO GET HELP



Your School Nurse has information
On where to go for almost any health-related
problem.

Call or come by your child's school and ask to
talk to the nurse.

Courtesy of
Health Services
Tulsa Public Schools

HD 53

HEALTHY LIVING ADDS UP TO STUDENT SUCCESS

Looking Good
+
Feeling Good
+
Smelling Good
+
Regular Schedules
=
Improved School and
Social Performance



LOOKING GOOD



Regular health habits are essential for maximum school performance. Here are a few basic reminders which may help.

* * * * *

Wearing clean clothing, socks, and shoes, appropriate for school, with attention to hair and nails, boosts confidence and self-esteem.

* * * * *

Headlice is a common problem for children. Learn to recognize the symptoms and work quickly to remove all the nits (eggs) and treat the environment. For help, contact your school nurse or health assistant.

FEELING GOOD



Eating a well-balanced diet consisting of a variety of foods is essential for growing bodies. (Don't forget to make time for breakfast!)

* * * * *

Meals should be a pleasant family time. Avoid discussing problems or upsetting events at this time.

* * * * *

Children need at least three meals a day and healthy snacks to avoid stomachaches and to pay attention in class.

* * * * *

Regular exercise is necessary to maintain good health and alertness in class.

SMELLING GOOD



A daily bath or shower with regular shampooing (and use of a deodorant/antiperspirant for older children) will help your child have a more positive and pleasant school experience.

* * * * *

Children need to be reminded often of the importance of brushing their teeth. This keeps their teeth clean and controls cavities and bad breath.