Back-to-School Health Tips

Green Bay – A new school year is on the horizon! HSHS St. Vincent Hospital, HSHS St. Mary’s Hospital Medical Center and Prevea Health offer the following steps parents and children can take to ensure a healthy, positive and stress-free experience.

Be Prepared
The unfamiliar can make kids uneasy. Talk with them about what to expect during their first week and role-play what they might do in certain situations. Attending open houses or meet-the-teacher events may also give kids peace of mind, especially if they are attending a new school. Purchase school supplies and complete other preparations early so children can enjoy the last few days of summer break.

Practice Good Sleep Habits
A few weeks before school starts, ease your child back into a more school-friendly sleep routine with consistent bedtimes. Make sure to practice good sleep habits: do not allow televisions in children’s rooms, turn off other electronics or cell phones at least 30 minutes before “lights-out,” and limit caffeine leading up to bedtime.

Verify Your Child’s Vaccination Status
Schools require all students to be up-to-date with vaccinations. You can contact your child’s doctor office to verify their vaccination status before school starts. And, don’t forget to schedule a flu shot later in the year.

Schedule a Physical
Yearly physicals enable your health care provider to monitor growth and development, update immunizations, determine risks for sports participation and discuss safety issues.

Choose the Right Backpack
Choose a backpack with wide shoulder straps and make sure your child uses both straps evenly across the back. Having all the weight over one shoulder can lead to muscle strain. A backpack should never weigh more than 10 to 20 percent of a child’s body weight.

Offer and Encourage Good Nutrition
Make sure children get up early enough to eat a nutritious breakfast before heading to school, or have on-the-go snacks ready for your child to eat on the bus. If your child brings a lunch from home, involve him or her in packing the lunch. This is a great opportunity to teach kids about good nutrition. If they eat school lunch, be sure to discuss what they ate that day so you can help them make healthy choices.

For more back-to-school health tips, visit: www.prevea.com/school

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About HSHS St. Vincent Hospital and HSHS St. Mary’s Hospital Medical Center
HSHS St. Vincent Hospital and HSHS St. Mary’s Hospital Medical Center have been delivering quality health care to Green Bay and its surrounding communities since 1888. With HSHS St. Vincent being the largest tertiary care hospital and HSHS St. Mary’s location on Green Bay’s west side, patients from Northeastern Wisconsin and Upper Michigan benefit from a comprehensive range of services that include cancer care, women’s services, emergency and trauma care, preventive care across the lifespan, digestive health, orthopedic, cardiac care, neurosciences, rehabilitation and pediatrics. Affiliates of Hospital Sisters Health System, the hospitals’ primary purpose is to continue Christ’s healing love through the delivery of competent and compassionate health care in an environment sensitive to the needs of all people. Both hospitals are accredited by the Joint Commission of Accreditation of Healthcare Organizations.

About Hospital Sisters Health System
Hospital Sisters Health System’s (HSHS) mission is to reveal and embody Christ’s healing love for all people through our high quality, Franciscan health care ministry. HSHS provides state-of-the-art health care to our patients and is dedicated to serving all people, especially the most vulnerable, at each of our 15 Local Systems and physician practices in Illinois (Breese, Decatur, Effingham, Greenville, Highland, Litchfield, O’Fallon, Shelbyville and Springfield) and Wisconsin (Chippewa Falls, Eau Claire, Oconto Falls, Sheboygan, and two in Green Bay). HSHS is sponsored by Hospital Sisters Ministries. For more information about HSHS, visit www.hshs.org. For more information about Hospital Sisters of St. Francis, visit www.hospitalsisters.org.

About Prevea Health
Founded in Green Bay, Wis. in 1996, Prevea Health is a health care organization that provides high-quality, primary and specialty health care in 80+ locations across Northern, Eastern and Western Wisconsin in clinic and hospital settings. It is partnered with six Hospital Sisters Health System (HSHS) hospitals across Wisconsin to provide patients a system of highly-coordinated care, close to home: HSHS St. Vincent Hospital and HSHS St. Mary’s Hospital Medical Center in Green Bay; HSHS St. Nicholas Hospital in Sheboygan; HSHS St. Clare Memorial Hospital in Oconto Falls; HSHS Sacred Heart Hospital in Eau Claire; and HSHS St. Joseph’s Hospital in Chippewa Falls. For more information, visit www.prevea.com.