

## Kids Health at School

Back to school can be a very exciting time for families, but it may also feel stressful. Here are some tips for setting up your child up for success as well as some resources as your children begins a new school year.

### What Does Your School Need to Know About Bleeding Disorders?

- Specific treatment
- Approved physical activity
- Accommodations
- Disclosure

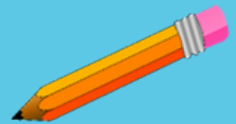


[What Schools Should Know About Having a Bleeding Disorder](#)

### First Aid at School

Your child may be at a school that is unfamiliar with bleeding disorders. This form can be a great resource for them and give you some peace of mind about your child's safety in the hands of others.

[First Aid for School Personnel](#)



### Nutrition

When kids eat a healthy breakfast, it improves their cognitive function (especially memory), reduce absenteeism, and improve their mood. Adequate hydration may also improve cognitive function in children and adolescents.

[School Nutrition](#)



### Sleep

Students should get the proper amount of sleep at night to help stay focused, improve concentration, and improve academic performance. When children and adolescents do not get enough sleep, they have an increased risk for health problems, poor mental health, and injury.

[Sleep and Health](#)



If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.