



## Tips for a Healthy School Year



Simple steps to support a healthy, safe and successful start to the school year

### Stay up to date with vaccines!

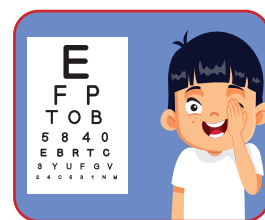
- All required [school vaccines](#) are publicly funded.
- Report vaccine records online with [ICON](#) – it's fast and secure.
- Need help reporting your child's vaccines? See our [how-to video](#) or [our guide on how to submit vaccination records in ICON](#).



### Get regular eye exams

Regular eye exams help children learn in school.

- Yearly eye exams are covered by OHIP for children from birth to 19 years of age.
- Book your child's eye exam before school starts. Visit [optom.on.ca](http://optom.on.ca) to find an eye doctor near you.



### Stay healthy, keep others healthy

- [Wash hands often](#). Cover coughs & sneezes.
- [Keep your child home when they are sick](#). Send them to school when they are well enough to learn and participate.



### Seek dental care

Toronto Public Health provides free dental services to eligible children and youth.

### Create healthy routines

- Pack a [nutritious lunch](#) with vegetables, fruit, whole grains, and protein foods. Save money by using leftovers, and choosing protein foods such as beans, lentils, eggs, or canned fish. Add a reusable bottle for water.
- Have healthy screen time limits based on your child's age. [toronto.ca/ScreenTime](http://toronto.ca/ScreenTime)
- Aim for a healthy bedtime [routine](#).



### Walk, wheel or roll to school!

- Consider [walking to school](#) and remember road safety rules.
- Biking to school? Wear an [approved and properly fitted helmet](#).
- E-scooters: Not a toy, not safe, not legal to ride in Toronto. Learn more at [toronto.ca/e-scooters](http://toronto.ca/e-scooters).



More [information](#) for parents and caregivers