



# Get school ready!

## Is your child up to date with their vaccinations?

- **Measles, Mumps & Rubella (MMR):** Is the safest and most effective way to protect children and the community from these illnesses which can cause serious complications. If you are unsure whether your child or those you care for has had this vaccination check their personal health record (red book) or contact your GP practice.
- **HPV:** All children going into Year 8 (secondary school) will be offered a single dose of the HPV vaccine to give long-lasting protection against developing HPV-related cancers.



Find out more at [nhs.uk](https://www.nhs.uk)



### Food for thought

Healthy and nutritious food helps to feed the mind, support the immune system and boost energy levels throughout the day. Visit the [Frimley Healthier Together website](https://www.frimleyhealthier.together.nhs.uk) for budget friendly, nutritious breakfast ideas, healthy lunch box swaps and ideas for making meal times more fun.



### Is it ok to go to school?

As children begin to mix again at school, it is likely that bugs and infections will spread. Regular, effective hand washing is still the best method to help prevent illness. However, if your child does become unwell it can be tricky to know whether or not to keep your child at home. We have the advice to help you decide, visit the [Frimley Healthier Together website](https://www.frimleyhealthier.together.nhs.uk).

### Asthma

As children head back to school there can be a rise in asthma symptoms and attacks.



**If your child has asthma**, make sure they know how to use their inhaler correctly and that you have an **action plan in place**. Contact your GP practice and ask to speak to an Asthma Nurse if you do not have one. The action plan should be shared with the education setting. This is the case with any health needs or medication requirements. For more information visit the [Frimley Healthier Together website](https://www.frimleyhealthier.together.nhs.uk).

### Back to school anxiety?

For some children, starting school, going back or moving schools can be daunting. If you are worried about your child's back to school anxiety visit the [Frimley Healthier Together website](https://www.frimleyhealthier.together.nhs.uk) where you can find information, tips, resources and services that can support you both.



Use this handy guide to plan ahead!