

BACK TO SCHOOL

HEALTH & WELLNESS

Florida
HEALTH

MAKE SURE YOUR CHILD IS GETTING BACK INTO THEIR ROUTINE BEFORE SCHOOL STARTS

KEEP KIDS STRONG FROM THE INSIDE OUT

Your child's overall good health can be fostered through eating nutritious foods, getting regular physical activity, and maintaining good sleep habits.

Healthy Eating

Proper nutrition is essential for children to grow and develop. Focus on fruits, vegetables, and protein. Limit sugar, saturated fats, and processed foods.



Regular Exercise

Encourage your child to be physically active for 60 minutes or more each day, like active play at the park or organized sports.



Getting Enough Sleep

Sleep is just as important to your children's development as nutrition and physical activity. Recommended sleep by age:

3-5 years
10-13
HOURS

6-12 years
9-12
HOURS

13-18 years
8-10
HOURS

COUNTY HEALTH DEPARTMENTS SUPPORT THE COMMUNITY

Contact your health care provider or local county health department (CHD) about back to school health and wellness to get your kids ready for a successful school year, inside and out. County health departments provide **year-round services**, including:

Immunizations

Disease Screening

Birth Certificates

LOCAL CHD INFORMATION **DOH-Orange Call Center: 407-723-5004**

In anticipation of the new school year, your local county health department will be providing free immunizations for Orange County students:

August 6, 2024, 8:30 a.m. - 4:30 p.m.

Freedom Middle School
Lockhart Middle School
Ocoee Middle School

August 8, 2024, 8:30 a.m. - 4:30 p.m.

Lake Nona Middle School
Roberto Clemente Middle School
Robinswood Middle School

August 10, 2024, 9 a.m. - 12:30 p.m.

Chain of Lakes Middle School
Discovery Middle School
Lake Como K8

August 7, 2024, 8:30 a.m. - 4:30 p.m.

Corner Lake Middle School
Horizon West Middle School
Kelly Park K8

August 9, 2024, 8:30 a.m. - 4:30 p.m.

Apopka Middle School
Carver Middle School
Odyssey Middle School

August 24, 2024, 9 a.m. - 12:30 p.m.

Bridgewater Middle School
Meadow Woods Middle School

For more information on school immunizations, visit:

