

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 K-8

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

Corner Lake Middle School
Horizon West Middle School
Kelly Park K-8

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:



REGRESO A LA ESCUELA

SALUD Y BIENESTAR

Florida
HEALTH

ASEGÚRESE DE QUE SU HIJO VUELVA A SU RUTINA ANTES DE QUE COMIENZE LA ESCUELA

MANTENER A LOS NIÑOS FUERTES DESDE ADENTRO HACIA FUERA

La buena salud general de su hijo puede fomentarse mediante una alimentación nutritiva, la realización de actividad física regular y el mantenimiento de buenos hábitos de sueño.

Alimentación Saludable

Una nutrición adecuada es esencial para que los niños crezcan y se desarrollen. Concéntrese en el consumo de frutas, verduras y proteínas. Limite el azúcar, las grasas saturadas y los alimentos procesados.



Ejercicio Regular

Anime a su hijo a que realice actividad física durante 60 minutos o más cada día, como jugar de forma activa en el parque o practicar deportes organizados.



Dormir lo Suficiente

El sueño es tan importante para el desarrollo de sus hijos como la nutrición y la actividad física. La cantidad de sueño recomendado según la edad:

3-5 años
10-13
HORAS

6-12 años
9-12
HORAS

13-18 años
8-10
HORAS

LOS DEPARTAMENTOS DE SALUD DEL CONDADO APOYAN A LA COMUNIDAD

Póngase en contacto con su proveedor de atención médica o con el departamento de salud del condado (County Health Department, CHD) local para que sus hijos se preparen para un año escolar exitoso, por dentro y por fuera. Los departamentos de salud del condado proporcionan servicios durante todo el año, que incluyen:

Inmunizaciones

Detección de Enfermedades

Certificados de Nacimiento

EVENTO(S) LOCAL(ES) DEL CHD *Centro de Llamadas del DOH-Orange 407-723-5004*

Anticipándose al nuevo año escolar, el departamento de salud de su condado local ofrecerá vacunas gratuitas para los estudiantes del Condado de Orange:

6 de agosto de 2024,
8:30 a.m. - 4:30 p.m.
Freedom Middle School
Lockhart Middle School
Ocoee Middle School

8 de agosto de 2024,
8:30 a.m. - 4:30 p.m.
Lake Nona Middle School
Roberto Clemente Middle School
Robinswood Middle School

10 de agosto de 2024,
9 a.m. - 12:30 p.m.
Chain of Lakes Middle School
Discovery Middle School
Lake Como K-8

7 de agosto de 2024,
8:30 a.m. - 4:30 p.m.
Corner Lake Middle School
Horizon West Middle School
Kelly Park K-8

9 de agosto de 2024,
8:30 a.m. - 4:30 p.m.
Apopka Middle School
Carver Middle School
Odyssey Middle School

24 de agosto de 2024,
9 a.m. - 12:30 p.m.
Bridgewater Middle School
Meadow Woods Middle School

Para obtener más información sobre las vacunas escolares, visite:



RANTRE LEKÒL

SANTE AK BYENNÈT

Florida
HEALTH

ASIRE W TIMOUN OU AN TOUNEN NAN WOUTIN LI AVAN LEKÒL LA KÒMANSE

KENBE TIMOUN YO FÒ ANDENDAN KOU DEYÒ

Anjeneral, bòn sante timoun ou ka favorize nan manje aliman ki nourisan, nan fè aktivite fizik regilyèman, ak nan kenbe bon abitud somèy.

Manje Yon Fason Ki Bon Pou Sante

Yon bon nitrisyon esansyèl pou timoun yo grandi ak devlope. Konsantre sou fwi, legim, ak pwoteyin. Mete limit nan sik, grès satire, ak manje transfòme yo.



Egzèsis Regilye

Ankouraje timoun ou pou li aktif sou plan fizik pandan 60 minit oswa plis chak jou, tankou jwèt aktif nan pak oswa espò òganize.



Dòmni Sifizaman

Somèy enpòtan menm jan tankou nitrisyon ak aktivite fizik enpòtan pou devlopman timoun ou yo. Somèy ki rekòmande selon laj:

3-5 ane
10-13
EDTAN

6-12 ane
9-12
EDTAN

13-18 ane
8-10
EDTAN

DEPATMAN SANTE KONTE YO SOUTNI KOMINOTE A

Kontakte founisè swen sante w oswa departman sante lokal konte a (County Health Department, CHD) konsènan sante ak byennèt pou rantre lekòl la pou prepare timoun ou yo pou yon ane lekòl ki gen siksè, andedan kou deyò. Departman sante konte yo bay sèvis pandan tout ane a, ki gen ladan:

Vaksinasyon yo

Deteksyon Maladi

Batistè

EVÈNMAN LOKAL CHD (YO) DOH-Orange Sant Apèl: 407-723-5004

Pandan ke nap tann nouvel ane lekòl la, county local ou nan departman sante pra-l bay vaksen gratis pou etidjan nan Konte Orange.

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Meadow Woods Middle School

Pou plis enfòmasyon sou vaksinasyon lekòl yo, vizite:

