

REMEMBER!

YOUR SCHOOL NURSE CAN HELP WITH LOTS OF THINGS.

- If your child is too sick to come to school
- Required school vaccines & health forms
- Your child's chronic health conditions & medical needs
- How to access healthcare
- Understanding the District's health policies



Visit
philasd.org/attendtoday
for more attendance information
and resources.

ATTEND TODAY, ACHIEVE TOMORROW.

HEALTHY TO LEARN

Health-related absences are one of the top reasons students miss school.

See inside for tips and resources to:

- support your child's physical and mental health
- avoid unnecessary absences from school
- help your child attend school, healthy to learn



TO SUPPORT YOUR CHILD'S PHYSICAL HEALTH

BE SURE THEY:

- **Have the required immunizations.** They're free at any Philadelphia [CityLife Health Clinic](#) or [City Health Center](#). For more details, visit philasd.org/vax.
- **Get a physical and dental exam every year.**
 - **Federally Qualified Health Centers are available** to support students without insurance. bit.ly/fedhealthcenters
 - **Need insurance?** The School District and Benephilly, a City of Philadelphia program, are offering free in-person help to apply for health insurance and other benefits. For more information:
 - go to philasd.org/studenthealth and click on the *Health Insurance Resources* tab
 - visit the School District's Welcome Center at 440 N. Broad Street on Wednesdays. Walk-ins are welcome!
- **Eat breakfast at home or school so they start the day nourished to learn.**
- **Engage in daily physical activity and get at least 8-10 hours of sleep each night.**
- **Wash their hands regularly at school and at home.**

TO SUPPORT YOUR CHILD'S MENTAL HEALTH & WELL BEING

- **Visit** philasd.org/prevention for a list of District and community resources.
- **Contact your school counselor for assistance.** They can help connect you to mental and behavioral health resources.

NEED IMMEDIATE SUPPORT?

- **Call or text 988.** The 988 Suicide & Crisis Lifeline offers 24/7 access to trained crisis counselors who can help if you or someone you love is experiencing a suicidal, substance use, or mental health crisis, or any other emotional distress.
- **Middle and high school students can access Kooth,** a leading digital mental health platform that provides free, 24/7 counseling and mental health support. us.kooth.com/philasd.

TIP

Your child should attend school if they are generally healthy, well and able to participate in their usual day-to-day activities.