



Back to School ABC's



It's that time of year again! Here are a few tips to help you and your family start the new school year off right.

Avoid the spread of germs:

- Wash your hands with warm soapy water for at least 20 seconds before eating meals, after using the bathroom, or handling the class pet.
- Avoid touching your face, eyes, nose and mouth, as this is a good way to spread germs.
- Cough or sneeze into a tissue or the inside of your elbow instead of your hands to prevent the spread of germs.

Backpacks:

- Wear both straps, using only one strap can cause you to lean more to one side causing upper and lower back pain.
- Watch the weight of your back pack and carry only what you need. It is recommended that you/ your child does not carry more than 10-15% of their body weight. (ex: 50lb child, carry < 5 lbs)

Concussion:

- With school sports starting it is important for students, parents, coaches and teachers to know the facts about head injuries.
- Learn about the symptoms of a concussion and what to do at www.cdc.gov/Concussion.
- Consider ImPACT testing prior to participating in contact sports to have a baseline test on file. We offer both pre/post concussion testing here at Greenwood.