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SEDGWICK COUNTY, KANSAS
COMMUNICATIONS

NEWS

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BACK-TO-SCHOOL SAFETY REMINDERS

Soon, children across Sedgwick County will pack up their backpacks and head back to school. This reminds us to take certain precautions to ensure they enjoy another healthy, safe school year.

Back-to-school physicals and immunizations are important for a child's health. If your student is a school athlete, he or she will be required to have a sports physical to participate. Even if your child is not an athlete, the back-to-school season is a good time to have physicals performed. It is a good routine to get in to ensure your child is healthy and that potential problems are identified early. Contact your health care provider to schedule a physical.

Immunizing a child before school is not only important for his or her health, but many immunizations are required for children to attend school or daycare. When taking a child for his or her immunizations, it is important parents bring the child's shot record. If you have any questions regarding immunizations, call your health care provider or the Sedgwick County Health Department at 660-7300.

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During the summer months, drivers grow accustomed to maintaining their regular speed through school crossings. Accident prevention begins with anticipation of what might be on the road, including children. Sedgwick County reminds citizens to be aware of school crossings and other locations where children congregate. Drivers from either direction also should remember to stop when a stop sign is extended on a school bus.

Back to school time also is a good time to review important information with young children, such as phone numbers, addresses and emergency plans. Young children should not be left unattended before or after school. Organizations such as the Boys and Girls Club and the YMCA give children a safe, fun place to go after school and many schools offer a latchkey program that gives parents an alternative to day care for school-age children.

Obesity in children is an epidemic that is sweeping the nation. When thinking about keeping children safe during the school year, also think about keeping them healthy. Packing a child's lunch or pre-purchasing only hot lunch credits, instead of giving them money to buy their own, can prevent them from buying unhealthy food or other items parents do not approve. Talk to your children about the importance of eating healthy and ask them what they ate for lunch that day. If your child's school allows soda and/or energy drinks to be purchased or consumed, consider giving your children juice or other healthier options to take with them to school.

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