

BACK TO SCHOOL

HEALTH & WELLNESS



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 -
HOUR

6-12 years
9 -
HOUR

13-18 years
8 -
HOUR

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

In anticipation of the new school year, your local county health department will be providing the following:

The Florida Department of Health in Pasco County will be offering extended hours for Back To School immunizations at the following locations:

Summit Professional 7509
State Rd. 52
Hudson, FL 34667

July 30, 2024 • 7 a.m.–7 p.m.
Aug. 7, 2024 • 7 a.m.–7 p.m.
Aug. 9, 2024 • 7 a.m.–7 p.m.

Dade City Office 13941
15th St.
Dade City, FL 33525

July 25, 2024 • 7 a.m.–7 p.m.
Aug. 6, 2024 • 7 a.m.–7 p.m.
Aug. 7, 2024 • 7 a.m.–7 p.m.

Pine View Middle School
5333 Parkway Blvd.
Land O' Lakes, FL 34639

Aug. 6, 2024 • 9 a.m.–2 p.m.

For more information on school immunizations, visit [www.floridahealth.gov](#)

