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This special edition highlights important topics, expert tips, and resources to keep children safe, strong, and ready to thrive both in and out of the classroom –
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Issue
ONE

HISDA Health Ministry Monthly Insight- Caring for the Total Man

On *Back to School Edition*



current topics >>>

Nurturing Children's Health and Well-Being

As children across the country prepare to return to school, the HISDA Health Ministry supports families, educators, and young learners in building healthy habits for a successful academic year.

For our monthly newsletters, go to
Houstoninternational.org

*Vax2School: Available at TexasDSHS



Safe. Healthy.
Protected.

#Vax2School

Back to School Health

Preparing for a Héálthy School Year!

Ensuring your child's physical health before the first day of school sets the foundation for a productive year. Begin by scheduling a comprehensive check-up with your child's healthcare provider. Routine screenings for vision, hearing, and general growth help identify any issues early.

Immunizations: Vaccines help protect children and those around them from infectious diseases. Consult your healthcare provider to determine your eligibility for booster shots. Also, confirm that your child's immunization record is up to date, including the required doses for measles, mumps, rubella, diphtheria, tetanus, pertussis, polio, and other recommended vaccines, such as influenza and COVID-19.

Back to School Health

Dental Health: Schedule a dental check-up before the start of the school year, or encourage daily brushing and flossing and limit sugary snacks to prevent cavities and maintain strong teeth.

Nutrition: Balanced meals fuel learning and play. Pack lunches with whole grains, lean proteins, fruits, and vegetables for a balanced meal. Involve children in meal planning to teach healthy choices and create a positive relationship with food.

Mental and Emotional Well-Being

Open Communication:
Encourage your child to share their feelings about returning to school. Listen actively and validate their experiences.



Routine: Establish regular sleep and wake times, healthy meal schedules, and consistent homework periods. Predictability reduces stress and supports mental health.

Mindfulness and Relaxation: Teach children simple breathing techniques, stretching, or meditation to help manage anxiety. Many schools offer mindfulness programs—ask your child’s teacher or school counselor for resources.

Friendships and Social Skills: Facilitate playdates, group activities, or extracurricular clubs to support social development and growth. Positive social interactions build confidence and foster a sense of belonging.



Resources for Families •

Local Health Clinics: Free or low-cost immunization and check-up services are available.

- School Nurses and Counselors: Experts provide health education and support for physical or emotional concerns.
- Community Centers: After-school programs and healthy activities for all ages.



Safe hygiene – Hand washing techniques

School Safety >>>

Safety in School and Beyond

Healthy Environments: Teach children about handwashing, respiratory etiquette, and personal hygiene. Provide personal supplies such as hand sanitizer, tissues, and reusable water bottles.

Physical Safety: Discuss safe travel to and from school, whether by walking, biking, or riding the bus. Practice crossing streets safely, wearing helmets, and following traffic rules.

Bullying Prevention: Educate children about kindness, respect, and what to do if they witness or experience bullying. Schools should have clear reporting procedures and support systems—review these with your child.

Digital Safety: As technology use increases, remind children to protect their privacy online, avoid sharing personal information, and report any inappropriate content or messages to a trusted adult.



At School!

Safety is a shared responsibility among families, schools, and the broader community. As children return to classrooms, gyms, and playgrounds, several measures are in place to help ensure their well-being.

For our monthly health ministry newsletters, go to
Houstoninternational.org

Supporting Children with Chronic Conditions

For families managing chronic health issues such as asthma, diabetes, allergies, or ADHD, early preparation ensures children can participate fully in school life.



Share important information with teachers, coaches, and relevant staff to help everyone support your child's needs.

Encourage self-advocacy: Teach older children to recognize symptoms and alert adults if they need help.

Work with your child's healthcare provider and school nurse to develop a care plan outlining medications, emergency procedures, and accommodations.

ask the experts >>>

Q & A

What if my child is anxious about going back to school? Talk openly, validate their feelings, and introduce them to school settings gradually. Reach out to school counselors for additional support.

- *Are COVID-19 precautions still necessary? Follow guidance from local health officials and your school.*

Encourage good hygiene practices.

- *How can I help my child eat healthier at school? Involve them in meal planning, pack balanced lunches and educate them about making wise food choices and preparing healthy school meals.*
- *What should I do if my child has special health needs? Work with your child's medical team and school staff to develop a customized care plan, including emergency contacts and medication management.*



Things to know

Don't let illness take time away from your school experience. Ensure you are up to date with your vaccines to protect yourself and your peers. Need free immunization or healthcare resources? Contact us.

Promoting Healthy Habits All Year Long...

Physical Activity

Children need at least 60 minutes of physical activity daily. Walking or biking to school, participating in sports, and enjoying outdoor play are all excellent options. Physical activity boosts mood, concentration, and overall long-term health.

Sleep Hygiene

Rest is vital for growth and learning. School-age children should get between 9 and 11 hours of sleep per night; teens need 8 to 10 hours. Limit screen time before bedtime, establish calming routines, and maintain a calm and quiet bedroom environment.

Screen Time and Technology

Set reasonable limits for recreational screen use. Encourage reading, creative projects, and outdoor play as alternatives to screen time. Use parental controls and review digital media together to ensure safe and positive experiences.



finalthoughts...

*I wish above all things that you may prosper and be in health
— 3 John 1:2*

Tips for Parents and Caregivers

- Stay involved in your child's academic and social life—attend school events, communicate with teachers, and monitor progress.
- Model healthy behaviors by prioritizing your wellness, including regular exercise, a balanced diet, and effective stress management.
- Seek support when needed—from healthcare professionals, counselors, or community organizations.
- Keep your emergency contacts and medical information up to date with the school.
- Encourage curiosity and a love of learning, both in and out of the classroom.

Empowered to Heal

Caring for the Total Man

Spotlight: Children's Health Initiatives

This month, the Health Ministry is launching several programs to promote child wellness:

- Utilize your school-based vaccination clinics.
- Healthy Lunch Challenge—encouraging children to take healthy snacks to school.
- Safe Routes to School—making walking and biking safer for students—practice safe routes to school with your kids on weekends.
- Upcoming - September is sepsis awareness month. Join the challenge!
<https://sepsissuperheroes.funraise.org/>

Contact us at **346-564-7985**
houstoninternational.org

Visit us (Saturdays, 9:30 am
– 2:30 pm or mail to
HISDA Health Ministry
13885 Beechnut St.,
Houston, TX, 77083



coming soon >>>

In The Next Issue
*Healthy Aging/
Women's Health*
Sepsis awareness

Then your light will break forth like the dawn, and your healing will quickly appear – Isaiah 58:8