

# HEALTHY KIDS ATTEND SCHOOL!

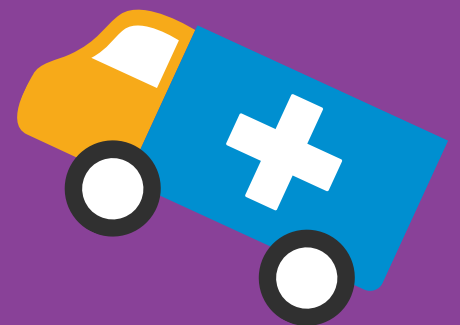
When students miss school, they miss out on learning. When kids miss even one day of school they can fall behind.

Kids with health problems miss more school. Even an excused absence with a doctor's note counts as a missed day. You can help manage these common health problems to make sure your child is healthy and ready to learn!



## ASTHMA

Students with asthma may miss school for emergency and doctor visits. Asthma can also make kids tired or inactive in the classroom. You can work with your child's doctor and school to make sure their asthma is controlled!



## TOOTH PAIN

Students with tooth pain can't concentrate on schoolwork and miss school because of dentist visits. Sometimes dental pain may get so bad that students miss many days of school in a row. Be sure to take your child to the dentist every 6 months to keep their teeth healthy!



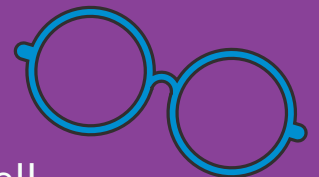
## MENTAL HEALTH

Some students fall behind if they find it hard to behave in class. Some students have a hard time paying attention long enough to learn. Others might feel anxious or depressed and can't concentrate on schoolwork. If you think your child might have any of these things, talk to their doctor and teacher to get help.



## VISION PROBLEMS

Students can miss school if they find it hard to see well in class. Kids with vision problems can have trouble paying attention and keeping up with lessons. Be sure to get your kids' vision checked at least once a year.



## HUNGER

Students who don't get a healthy, balanced diet can get sick more often. Good nutrition every day gives students energy to stay focused in class. Talk to your doctor about how you can help your kids eat healthier.



## HEARING

Students who have trouble hearing have a hard time keeping up in class. Your doctor can do a quick hearing screen every year to make sure your child can hear well.



## LEAD

Children with high levels of lead in their body can have trouble learning. There is a simple questionnaire to check if your child is at risk. Ask your doctor to do this questionnaire once a year.

