



# WILSON SCHOOL NURSING DEPARTMENT NEWSLETTER

MAY 15, 2020

## RECIPES FOR KIDS

<https://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-homes>



## FREE WORKOUTS AT HOME!

<https://bodyzonesports.com/bz-at-home/>  
<https://www.planetfitness.com/united-we-move>



## IMMUNIZATIONS

Currently, there has been no change to the immunization requirements for students. Click the link below to read the immunization requirements for students in grades K-12.

<https://www.health.pa.gov/topics/Documents/School%20Health/SIR8.pdf>



## WELL CHILD VISITS

Currently, there has been no change in the required physical examination guidelines or due dates.

Documentation of a physical examination is due on the last day of the current school year for students in the following grades:

- Kindergarten
- 6th Grade
- 11th Grade

Many pediatrician offices are open and scheduling well visits/physical examinations. Don't forget to call your child's physician to schedule an appointment!

