

BACK TO SCHOOL

HEALTH & WELLNESS

Florida
HEALTH

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
10-13
HOURS

6-12 years
9-12
HOURS

13-18 years
8-10
HOURS

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:

BACK TO SCHOOL IMMUNIZATION SERVICES

Appointments Available 5 days a week- Call (904)506-6081
For an appointment

WHEN

Saturday, June 29th, 10 a.m.-2 p.m.

Saturday, August 3rd, 9-11 a.m.

Saturday, August 3rd, 10 a.m.-1 p.m.

WHERE

Community Wellness Fair

Back to School Festival

Back to School Block Party

EXTENDED CHD HOURS 5pm-7pm (Immunizations only)

Call (904)506-6081 For an appointment

July: 17,24,31

August: 7

The Webster School (420 N. Orange St., St. Augustine, FL 32084)

Al Wilke Park (6150 S Main St., Hastings, FL 32145)

The Webster School (420 N. Orange St.)

For more information on school immunizations, visit:





JAMES A. WEBSTER SCHOOL
A COMMUNITY PARTNERSHIP SCHOOL

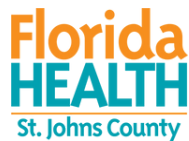
2024 BACK-TO-SCHOOL BLOCK PARTY

LET'S CELEBRATE

It's back-to-school time and we're excited to celebrate with the community!

JOIN THE BLOCK PARTY!

WELLNESS SERVICES: FREE medical, hearing, vision, physicals, and more!
(IMMUNIZATIONS by Florida Health St. Johns)



EXTENDED DAY info for before and after school care and activities

SCHOOL SUPPLIES for ALL students

Check out our COMMUNITY VENDORS and HEALTH RESOURCES!



WHEN

**SATURDAY,
AUGUST 3, 2024
10 A.M. TO 1 P.M.**

FREE hot breakfast from 10-12pm inside the main cafeteria
Sponsored by Victorious Covenant



Victorious Covenant



WHERE

420 N. ORANGE ST.

On the north end, in the teacher's parking lot / Park directly inside gate in front of the school, along Chapin Rd. or N. Orange St.

Principal: Bethany Groves 904-547-3860 | Community Partnership Schools Director: Raleigh Burney 904-710-2203



Alpha Kappa Alpha Sorority, Incorporated®
Omega Phi Omega Chapter
Presents

Community

HEALTH & WELLNESS FAIR

Saturday, June 29, 2024

10am-2pm

The Webster School

420 N. Orange Street, Saint Augustine, FL

MUSIC

FOOD

DRINKS

FUN



Free Event and Open to the Public





SAVE THE DATE!



BACK TO SCHOOL FESTIVAL

HASTINGS BRANCH LIBRARY & AL WILKE PARK
S. MAIN ST, HASTINGS

Saturday, August 3rd
9:00 - 11:00 am



FEATURING:

On Library Campus :

- School supplies for children living in zip codes: 32145 & 32033
- School based resources
- Back to School Physicals - UF Health St Johns
- Immunizations for Kids - school ready and recommended - SJC Health Dept

At Wilke Park:

- Touch a Truck Event
- Car Show (sponsored by Azalea City Cruisers)
- Community Resource Fair for All Ages
- Food - Raffles - Fun!

FOR MORE INFORMATION, PLEASE CALL: TESS SIMPSON 209-0375 OR EMILY FOX 827-6972