

# Healthy Steps

## Toward School Success

From the:  
School Health Program  
Memphis and Shelby County  
Health Department  
544-7646



My family loves me!



My family expects me to do well at school.



My family reads more than they watch TV.



My family exercises more than they watch TV.



I am caught up on my shots and well-child exams.



I eat a healthy breakfast before school and healthy foods for lunch and dinner.



I get at least 8 hours of sleep each day.



My family washes their hands and covers their coughs.



My parents keep me home when I am sick:

Bad cough  
Diarrhea  
Fever  
Rash  
Vomiting



My parents talk to the school nurse about health issues that could affect my school work:

Asthma  
Depression  
Diabetes  
Medicines  
Seizures  
Severe allergies  
Sickle Cell