

Get Ready for the First Day of School!

Here's what to do for a great start to the school year:

Visit a physician for a physical exam.

Is your child starting school or child care for the first time? Before school starts, make sure your child receives a complete physical exam from a health care provider, documented by the Child and Adolescent Health Examination Form (CH205). This form is available for download at schools.nyc.gov/schoolhealth.

Make sure your child is up-to-date on required immunizations.

New York State Public Health Law requires students to get certain vaccines in order to attend child care or school. Before the school year begins, your child should receive all required immunizations. You can find more information about required immunizations at schools.nyc.gov/immunization. We also recommend that all New Yorkers stay up-to-date with COVID-19 vaccines, including boosters for those eligible. Visit vaccinefinder.nyc.gov or call 877-829-4692 to find a location near you.

Update your contact information.

Don't miss important updates from NYC Public Schools and your child's school! You can update your information online in your NYC Schools Account (NYCSA), or complete the emergency contact form provided by your school. If you do not yet have an NYC Schools Account, visit schools.nyc.gov/NYCSA to learn how to sign up.

Reach out to your school's parent coordinator.

Parent coordinators can provide answers to many of your school-related questions and concerns. You can find contact information for your parent coordinator and other staff at your child's school with the Find a School tool: schoolsearch.schools.nyc, or call the school for guidance.

Ask your parent coordinator or principal about translation and interpretation services.

Your school can provide free translation and interpretation services. Learn more from your school's parent coordinator or principal, or visit schools.nyc.gov/hello for more information. For sign-language interpretation services, please contact your school's parent coordinator or email OSLIS@schools.nyc.gov.

Review the 2023–24 NYC school calendar.

View important dates and find printable files in multiple languages for the 2023–24 school year at schools.nyc.gov/calendar.

❑ **Prepare your child's school supplies.**

Your child's teacher or school may send you a recommended list of school supplies needed for your child's new class, as well as a schedule for the first few days of school. Make sure your child knows what to expect on their first day, and that they have their supplies packed and ready to go. We also suggest labeling your child's belongings (i.e. gym clothes, water bottles, pencil cases, etc.) to ensure they can be returned to you if misplaced!

❑ **Set a standard bedtime and morning routine before the first day of school.**

Ensure a smooth transition to the new school year by getting your children adjusted to a regular and healthy sleep schedule before September. Then, a few days before school starts, practice your family's expected morning routine, including getting ready, eating breakfast, and traveling to your child's school. If you're not sure how your child will be getting to school this year yet, visit schools.nyc.gov/transportation for more information on transportation options and eligibility.

❑ **Get ready for reading.**

One of the best things a child can do to help prepare themselves for the upcoming school year is to read a book! Reading helps prime our brains for learning and language retention, and children who read or are read to at home are better prepared to learn in the classroom. Explore our Summer Reading Guide for families and learn more about free e-books for NYC Public Schools students via the Sora app at schools.nyc.gov/literacy.

❑ **Prepare for remote learning in the event of weather-related or emergency closures.**

If NYC public school buildings are closed as a result of inclement weather, students will participate in remote learning at home. Be prepared with an internet-enabled electronic device, school supplies, and a designated workspace for your child. If your child has a DOE Student Account, confirm that they can log in and access the online tools they may use for their schoolwork. Visit schools.nyc.gov/digitalllearning for resources and information to help prepare for remote learning days.

**We can't wait to see you on the first day of school,
Thursday, September 7!**