

Get Ready for the First Day of School!

Here's what to do before September 8, 2022

Get 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.

Get 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.

Mask up.

Students are strongly encouraged to wear a well-fitting mask on school buses and in crowded indoor settings, regardless of vaccination status. Masks are required under certain circumstances, such as visiting the school nurse's office or medical room or if exhibiting symptoms of COVID-19 at school. Stock up on masks for your children to wear! Visit schools.nyc.gov/covid19 for more information on health and safety policies regarding COVID-19 in schools.

Get tested.

We encourage students to test at home for COVID-19 infection the day before the first day of school using a home test kit or PCR test administered by a health provider to help protect their school community against the spread of the virus.



Get Ready for the First Day of School!

Update your contact information.

You can make updates online in your NYC Schools Account (NYCSA), or you can 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.

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

Start now to get your children on a regular sleep schedule. Then, a few days before school starts, practice your family's expected morning routine, including getting ready, eating breakfast, and heading out the door to your bus stop or subway station in order to arrive at school on time.

Meet your school's parent coordinator.

Parent coordinators can provide answers to many of your school-related questions and concerns. Call or visit your child's school to get your parent coordinator's contact information.

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 2022–23 NYC school calendar.

View important dates and find printable files in multiple languages for the 2022–23 school year at schools.nyc.gov/calendar.

We can't wait to see you on the first day of school,
Thursday, September 8!

