**AHS Health Suite Success**

Hints to ensure a smooth transition to high school

* Bring back all forms. The yellow discretionary medication form must be signed.
* Eat breakfast every day. Not eating can lead to a headache and we can’t give you medicine if you haven’t eaten; avoid the cycle altogether.
* Get enough sleep.
* Drink plenty of water. You can carry a water bottle in high school and water is crucial to physical and mental health.
* Put a spare pair of clothes in your locker. It’s best to be prepared.

High school is an exciting opportunity to learn to take the best care of yourself possible. Wellness includes physical health, emotional health, mental health and social health. Find ways that grow your own wellness and encourage wellness of those around you. Have a great year!

Kara DeFord, RN

Kara.deford@hcps.org

Health suite- 410-273-5540