



Press Release
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Healthy routines help families start the school year strong

Knox County Hospital District offers practical back-to-school guidance

KNOX CITY, Texas (August 10, 2026) – As families prepare for another school year, Knox County Hospital District is encouraging parents and students to make healthy routines, personal safety and preventive care part of their back-to-school plans.

The transition from summer to the classroom can be exciting, but it can also bring earlier mornings, busier schedules and new responsibilities. A little preparation can help children adjust more comfortably while giving the entire family a healthier start to the academic year.

“Back-to-school preparation should include more than purchasing supplies and organizing schedules,” said Chris Scott-FNP at Munday Clinic. “It is also an opportunity to review a child’s health needs, reestablish dependable routines and talk as a family about safety at school, at home and on the road.”

Parents should confirm that required immunizations are current and that needed school or sports physicals have been completed. Vaccinations help protect students and reduce the spread of preventable illnesses in classrooms and other group settings. A physical also gives a medical provider an opportunity to review a child’s general health, medications, growth and any concerns that could affect participation in school activities.

Sleep is another important part of the transition. Children who have been staying up later during the summer may need several days to adjust to an earlier bedtime and wake-up time. Establishing a consistent evening routine, limiting screen use before bed and preparing clothes, backpacks and supplies the night before can reduce morning stress.

“A well-rested child is better prepared to concentrate, follow directions and manage the emotional demands of the school day,” Scott said. “A regular bedtime and a calmer evening routine can make mornings easier for children and parents.”

Nutritious meals and snacks can help students maintain energy throughout the day. Breakfast does not have to be complicated. Oatmeal, yogurt and fruit, eggs or whole-grain toast can provide a solid start. Convenient snacks may include fruit, vegetables, cheese, yogurt or whole-grain crackers.

Hydration remains especially important during late-summer heat. Children should drink water throughout the day and before, during and after recess, athletic practices or other outdoor activities. Headaches, dizziness, unusual fatigue or nausea may be signs that a child needs to stop, cool down and tell an adult.



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Vision can affect classroom performance as well. Frequent squinting, headaches after reading or screen use, sitting unusually close to a television or difficulty seeing the board may be reasons to schedule an eye examination.

The beginning of school can also bring emotional changes. Some students may be eager to return, while others may be anxious about a new teacher, classroom or classmates. Parents can help by asking open-ended questions and giving children time to talk.

“Changes in sleep, appetite, behavior or school performance may be signs that a child is having difficulty adjusting,” Scott said. “Parents should stay connected with teachers and school counselors and contact their medical provider when concerns continue or interfere with daily life.”

Community safety is another important part of the new school year. Drivers should allow extra travel time, slow down in school zones and watch carefully near campuses, bus stops, intersections and residential areas. Phones and other distractions should be put away before a vehicle begins moving. Drivers should never pass a stopped school bus when its red lights are flashing and its stop sign is extended.

Children who walk or ride bicycles to school should use a familiar route whenever possible. Parents may want to practice the route with younger students, pointing out crosswalks and traffic hazards. Bicycle riders should wear properly fitted helmets and avoid phones or headphones that make it difficult to hear nearby traffic.

The return to school can also be a useful time for parents to renew their own healthy habits. A morning walk, a few planned workouts each week or an annual wellness examination can help adults make their health a priority after a busy summer.

“Parents spend a great deal of time caring for their children, but their own well-being matters, too,” said Stephen Kuehler, CEO of Knox County Hospital District. “Healthy families are built through everyday choices, and the beginning of the school year provides a natural opportunity for everyone to reset.”

Families may schedule school physicals, immunizations, wellness examinations or routine medical care by contacting Knox City Clinic at 940-657-3906 or Munday Clinic at 940-422-5271.

About Knox County Hospital District

Founded in 1926, Knox County Hospital District provides healthcare for residents of Knox County and surrounding areas. The district offers a wealth of medical services, including 24-hour emergency care, advanced radiology services, a clinical laboratory, home health, physical therapy, long-term care, patient education, and more. For additional information, please call 940-657-3535 or visit www.knoxhospital.org.

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