

MEDCHI REMINDS MARYLAND PARENTS TO BALANCE PHYSICAL AND MENTAL HEALTH PREPARATIONS FOR THE BACK-TO-SCHOOL SEASON

BALTIMORE – August 17, 2026 – As summer draws to a close, MedChi, The Maryland State Medical Society, is reminding parents and guardians that preparing for a successful school year requires addressing both the physical and emotional well-being of children.

While the return to the classroom brings immense excitement, it also introduces significant changes to a child's daily routine. MedChi urges families to schedule their annual back-to-school physicals early. These visits are critical to ensuring children are up to date on all state-mandated vaccinations and immunizations required for school attendance.

In addition to physical health, MedChi emphasizes that the back-to-school transition is a period of heightened anxiety for many students and parents. The pressure of new academic environments, social dynamics, and schedule shifts can impact mental health.

"The excitement of a new school year often goes hand-in-hand with stress and anxiety for young people," said Dr. Eric Wargotz, M.D., FCAP, President of MedChi. "We encourage parents to check in regularly with their children about their feelings, look for signs of stress, and openly discuss these emotional challenges with their pediatrician or family physician during school checkups. Addressing mental health early is just as vital as updating immunizations."

From an administrative and public policy perspective, navigating these health requirements requires proactive communication between families, school systems, and healthcare providers. Ensuring compliance with state health guidelines prevents administrative delays that could keep students out of the classroom.

"From a policy standpoint, managing back-to-school health requirements is about protecting community wellness and ensuring zero disruption to student learning," said Gene Ransom, CEO of MedChi. "We urge parents to submit their immunization paperwork to school administrators as early as possible. By partnering closely with local school boards and public health offices, we can streamline these administrative processes and make sure every child is legally and medically cleared for day one."

To support families during this transition, MedChi recommends that parents:

- Schedule physicals early to beat the late-August rush.
- Review immunization requirements specific to their child's school district.
- Establish school-year routines, including sleep schedules, two weeks before classes start.
- Initiate open conversations about back-to-school feelings or anxieties.

For more information on school health requirements or to find a local physician, please visit MedChi's official website.

About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. Formed in 1799, it is still the largest physician organization in Maryland today. The mission of MedChi is to serve as Maryland's foremost advocate and resource for

physicians, their patients, and the public health of Maryland. For more information, please visit www.medchi.org.