

Get School Ready!

A quick checklist for parents and carers with children starting school in Tower Hamlets



Has your child had their preschool jabs?

All routine immunisations must be up to date before school starts. Find out which jabs are needed and where to go on the Tower Hamlets website: [Immunisations – Tower Hamlets Council](#)



Can you get help with school uniform?

You may be eligible for up to £50 for Reception or £150 for Year 7 uniform. [Apply for a Clothing Grant here](#)



Have you signed up for free school meals?

All children in Reception to Year 11 receive universal free meals, and families on certain benefits help their school get extra funding – by formally registering for free school meals for your child. Learn more: [Free school meals – Tower Hamlets Council](#)



Health checks in Reception

Your child will get a free height, weight, hearing & eyesight check in Reception. Look out for the consent form sent by your child's school – part of the school health screening programme



Healthy Teeth at school

Children in Nursery, Reception & Year 1 receive free fluoride varnish to help keep teeth healthy.

Look out for the consent form and learn more about the varnish programme: [Healthy Teeth in Schools – Tower Hamlets Council](#)

