



AUGUST 2026

KCHS.ORG



KEARNEY COUNTY
HEALTH SERVICES
Exceptional Family-Centered Care |



Get Back on a Sleep Schedule

Start adjusting bedtimes and wake-up times a week or two before school begins so mornings are less stressful.



Fuel Up with Breakfast

A balanced breakfast helps kids stay focused, energized and ready to learn throughout the morning.



Keep Kids Moving

Aim for at least 1 hour of physical activity each day. Walking, biking, playing outside or sports all count!



Wash Hands Often

Good handwashing habits can help reduce the spread of common illnesses and keep kids in the classroom.



Make Time for Checkups

Annual wellness visits and school & sports physicals help ensure your child is ready for the year ahead.

School &
Sports
Physicals

-ENTERING KINDERGARTEN
-ENTERING 7TH GRADE
-TRANSFERRING FROM OUT OF
STATE (RECOMMENDED)
-PRIOR TO PARTICIPATION IN
SUPERVISED ATHLETIC EVENTS

ALL OTHER AGES
WELCOME TOO!

308-832-3400
To Schedule



Growing Healthy Together: Kids' Services at KCHS

From the first day of school to the final bell (and all of life's unexpected moments in between) Kearney County Health Services is here to care for your family, supporting you every step of the way.

With a wide range of services close to home, our team is committed to helping children stay healthy, recover quickly, and get back to doing what they do best, being kids.

SERVICES FOR KIDS & FAMILIES

- **Family Medicine** – Annual wellness visits, sore throats, ear infections, seasonal illnesses and ongoing care! KCHS is here to help keep your child healthy all year long.
- **Rehabilitation Services** – Therapy designed to help children recover, build skills, and reach their goals.
- **Orthopedic Care** – Evaluation and treatment for sports injuries, fractures, and other bone and joint concerns.
- **ENT Specialty Care** – Care for ear, nose and throat conditions, including recurring ear infections, hearing concerns and more.
- **Imaging & X-Ray** – Convenient diagnostic imaging to help quickly evaluate injuries and illnesses.
- **Laboratory Services** – On-site lab testing to support timely diagnosis and treatment.
- **Emergency Department** – Open 24 hours a day, 7 days a week, providing expert care when every minute matters.

move & groove 5K
& One Mile Fun Run



Grab your family, lace up your sneakers, and join us for the KCHS Move & Groove 5K & 1 Mile Fun Run on Saturday, September 26th! It's more than a race! It's a celebration of health, community, and fun for all ages. Kids will love the excitement of a one mile race, and families can enjoy the festivities together.



Scan the QR code and register today!

