

WHEN TO KEEP A CHILD HOME...

Please do not send your child to school if...

- He/she has an uncontrollable cough, severe sinus drainage
- fever of 100.0 or higher
- vomiting and/or diarrhea
- Children need to be free of vomit, diarrhea and fever without the aid of medication for 24 hours BEFORE returning to school.
- If your child comes to school within 12 hours of having any of these symptoms they may be sent back home.

Please help us control the spread of illness by following these guidelines.

MEDICATION REMINDER

- Students are NOT allowed to bring (carry) any form of medication; including cough drops, to school.
- ALL medication needs to be brought to the health office by an ADULT with proper paperwork filled out and signed.
- Forms can be found and printed off [here](#).

HANDWASHING!



The best way to prevent the spread of germs is handwashing with good old soap and water. Watch this video with your children and compare your handwashing.



Hand sanitizer is great if you are on the go or don't have access to soap and water. Hand Sanitizer does kill germs if it has a 60% or more alcohol content. Those dead germs stay on your hands and need to be washed off.

SOAP



Always use soap and water if available! Check out this experiment you can do at home with your kids that demonstrates the magic of soap!



These are some fun videos that explain how soap and water work to get us clean:



- For kids grades 3-5:



- For grades Pre-k-2:



- Washing hand song for Pre-K and Kindergarten:

STAYING WELL

Tips to staying well are eating smart, drinking water, exercising, and keeping a balance in life.

- **Drinking water** helps your body function better. Think of your body as a sponge, do you want your body to function like a wet or dry sponge?



Exactly! Here is a video about drinking water:

- ❖ Suggested water servings for kids:
- ❖ 4 to 8 years-7 cups
- ❖ 9 to 13 years-Girls 9 cups, Boys 10



- **Eating Well**- Every family has their own way of doing this and own philosophy. Here is some additional information you can consider and check out:



- ❖ <https://www.choosemyplate.gov/> -explores recipes, food group, cookbooks, seasonal foods

- ❖ Eating seasonally is not only good for the environment; it's also the best way to get the freshest, tastiest produce that the earth has to offer.

- ❖ What does a serving size look like? The key to everyone's serving size is in their hand, check out this link:



https://idph.iowa.gov/Portals/1/Files/WIC/svg_size_english.pdf

- **Exercise** helps you physically, mentally, and emotionally. Strong bones, a healthy heart, strong muscles, and increased flexibility are some physical benefits of exercise. “Feel good” chemicals in our brain are produced when we exercise that can emotionally improve your mood.
 - ❖ **Links** to a couple fun “get moving” sites for kids:
<https://www.youtube.com/user/CosmicKidsYoga>
<https://www.gonoodle.com/>
 - ❖ **Create your own family fitness plan.** Here is a link to help you plan:
<https://www.verywellfamily.com/create-a-fitness-challenge-with-your-family-1257110>
 - ❖ Example: Pick a city you want to visit. Add up everyone’s walking miles when you walk. Chart your progress on a map, kids love visuals and you could even have them create a map online. When you reach the destination, reward your family by planning a future trip there or celebrating like they do in that location. Some people do a “walk across America” challenge, or “walk across ...” whatever country you would like.

HELP IS AVAILABLE

Nothing is more important than your child's health and dental care, and often times many people go without necessary and readily available services because they do not know where to find the services or how to choose the most appropriate agency to meet their needs. **You can call Western Colorado 2-1-1** which is a free and confidential service that links you with the health and human services you may need. Get answers for local services- from food, clothing and shelter assistance to counseling, legal and financial services, and more.

