



There have been a number of illnesses reported at school including gastrointestinal viruses, strep throat, conjunctivitis and colds to name just a few. In an effort to control all germs and the spread of illness at school, we have made an effort to educate the children on how to stay healthy. Please review the following health practices with your child:

1. Wash your hands! This is the most important health practice to do to stay healthy. You need 3 things to wash hands effectively: warm water and soap, friction (rubbing hands together), and wash hands for 20 seconds (the time it takes to sing the ABCs, Happy Birthday, or Twinkle, Twinkle Little Star).
2. Share friendship. DO NOT share food and drink.
3. Keep hands off face and out of mouth and nose. This is the way many germs enter the body (through rubbing eyes, fingers in mouth and nose)
4. Cover your cough. Cough or sneeze into your elbow.
5. Eat breakfast every day. It is the most important meal of the day.
6. Go to sleep on time every night. Research notes that students who get enough sleep every night are healthier than students who go to bed later. The National Sleep Foundation recommends 10-11 hours of sleep for elementary school students.
7. Eat healthy foods every day. "Eat your colors every day". This means eat fruits and vegetables (of different colors) every day.
8. Drink water! Keep a water bottle at school and remember not to share the water bottle with anyone.
9. If your child is sick, best place to be is home resting and recovering from the illness.

Healthy Habits



Breakfast



Thank you for your help in reinforcing these important health practices.