



Health Services Newsletter



Temps might be warming up, but the germs are still spreading. Influenza is at moderate levels with surrounding counties experiencing high numbers of influenza cases.

But influenza isn't the only thing going around: strep throat, stomach viruses, and cold & sinus viruses are making their way around too.

What can you do?

***Make sure your child knows WHEN and HOW to wash their hands well.** It takes 20 seconds of scrubbing with soap to wash away dirt and germs. That is long enough to hum the "Happy Birthday" song.

***Make sure your child knows to cover their coughs and sneeze.**

We recommend using a tissue when available followed by good hand washing or the crook of their elbow, never their hands.

***Make sure your child knows NOT to share** items such as lotion, chapstick, drinks, snacks, hats, and headphones.

***Help build your child's immunity.** Make sure that they are up to date on immunizations, get enough sleep and exercise, avoid stress, keeps away from secondhand smoke, and eats a well-balanced diet. Send along a clear water bottle- drinking water at school to help keep his/her immune system strong.



February is Child Mental Health Awareness Month

It sounds intimidating, but mental health simply refers to the way we think, feel, relate to others, handle stress, and make decisions. It also includes the way we see ourselves.

Here are some ways you can participate at home:

- *Encourage activities that help your child unwind and calm themselves
- *Ask better questions- Instead of “How was your day?” try “What was your favorite part of your day?” and “What did you struggle with?”
- *Role play different responses to tough situations; show them how to solve problems that arise.
- *Sit down and listen. Let them be your sole focus.
- *Encourage good physical health- good physical health encourages good mental health.
- *Let them know it’s okay to feel sad or angry. Encourage them to talk about how they feel.
- *Be a good role model. Talk about your feelings. Make time for the things you enjoy.



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HEALTH SERVICES

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“I Love You”

There are very few words that are as wonderful to a child’s ears than these three simple ones. Children love seeing how much you love them as well.

Here are some fresh, fun ways to show them how much you care.

