# Health Office Happenings

January 2026

## ❄️ January Health News from the School Health Office

**Happy New Year, Families!**

**We hope your winter break was restful and fun. As we head into January, the School Health Office would like to share a few reminders and tips to help keep our students healthy, happy, and ready to learn during the winter months.**

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## 🧼 Staying Healthy During Cold & Flu Season

**Winter is peak time for colds, flu, and other viruses. You can help by reminding your child to:**

- **Wash hands often with soap and water**
- **Cover coughs and sneezes with a tissue or elbow**
- **Avoid touching their eyes, nose, and mouth**

**Please keep your child home if they have:**

- **A fever of 100.4°F or higher**
- **Vomiting or diarrhea**
- **Flu-like symptoms (body aches, chills, extreme fatigue)**

**Students should be fever-free for 24 hours *without medication* before returning to school.**

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## 😴 Sleep Makes a Big Difference

**Adequate sleep supports learning, behavior, and immune health.**

- **Kindergarten–2nd grade: 10–13 hours**
- **3rd–4th grade: 9–12 hours**

**Helpful tips:**

- **Keep a consistent bedtime routine**

- **Turn off screens at least 1 hour before bed**
- **Aim for calm, quiet evenings on school nights**

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## 🧠 Supporting Emotional Well-Being

**January can feel long and tiring for children. It's normal to see changes in mood or energy.**

- **Encourage your child to talk about their feelings**
- **Maintain routines when possible**
- **Reach out if your child seems unusually sad, anxious, or withdrawn**

**Our school team is always here to help support your child's well-being.**

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## 🧤 Cold Weather Safety

**Students go outside for recess whenever the weather is safe (above 20 degrees)**

**Please send your child dressed for the weather: coat, hat, and gloves**

- **Label items with your child's name when possible**

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## 📋 Attention All Third Grade Parents!

**All third grade students are required to have an updated physical on file.**

- **If your child has had a physical from July 2025 to the present, please send a copy to the Health Office or email it to npetrucci@gdrsd.org.**
- **If your child has not yet had their yearly physical, please send the paperwork to us after their appointment.**

**Thank you so much for your help in keeping our health records up to date—we truly appreciate your support!**

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## 🩺 Health Office Reminders

- **Medications (including cough drops) must be brought to school by an adult and have proper paperwork**
- **Please notify the Health Office of:**
    - **New diagnoses**
    - **Medication changes**
    - **Updates to asthma, allergy, or other health plans**
    - **Any upcoming surgery**
    - **Fractures**

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## ❓ Parent FAQ – School Health Office

**Q: When should my child stay home sick?**
**A: If your child has a fever, vomiting, diarrhea, or is too unwell to participate in class, please keep them home.**

**Q: Can my child come to school with a cough or runny nose?**
**A: Mild cold symptoms without fever are usually okay, as long as your child feels well enough for school.**

**Q: What if my child needs medication during the school day?**
**A: All medications must be provided by an adult with the required forms. Please contact the Health Office for guidance.**

**Q: Who should I contact with health concerns?**
**A: You can always reach out to the School Health Office with questions, updates, or concerns about your child's health.**

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## 💙 We're Here to Help

**Thank you for partnering with us to keep our school community healthy. We appreciate your support and communication—please don't hesitate to reach out if you have questions.**

**Wishing you a healthy and happy January!**

**— Natalie and Pam**