

School Nurse Newsletter



Healthy Habits for a Healthy Fall

Protecting Your Child During Cold & Flu Season

As the weather gets cooler and children spend more time indoors, respiratory illnesses can spread more easily. October is a great time to reinforce simple habits that help keep children healthy. Encourage children to wash their hands regularly, cover coughs and sneezes, avoid sharing drinks or utensils, and stay home when they are sick. Getting enough sleep, eating nutritious foods, staying active, and drinking plenty of water also support the body's natural defenses. Small healthy habits can make a big difference in keeping your family and school community healthy this fall.

Quick Family Tips:

- Wash hands often with soap and water.
- Cover coughs and sneezes with a tissue or elbow.
- Don't share drinks or utensils.
- Aim for a consistent sleep routine.
- Get vaccinated for the flu, covid and RSV.
- Keep moving—even when the weather gets cooler.



Be blessed,
Nurse Bickell

