



The ECDS Times

HEALTH & SAFETY NEWSLETTER

SEPTEMBER 2026 EDITION

September is an exciting time as students settle back into their routines, reconnect with friends, and adjust to busy school days. With everyone back together, it's also a great time to refocus on a few simple health and safety habits. A little prevention goes a long way in keeping our ECDS community healthy, safe, and ready to learn!



BACK-TO-SCHOOL GERMS

Back to school also means back to sharing lots of germs! A few simple habits can help keep everyone healthy.

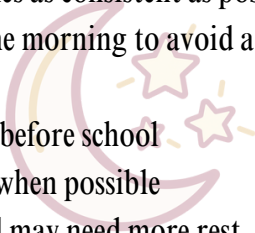
- Encourage frequent handwashing with soap and water
- Remind kids to sneeze or cough into their elbow
- Avoid sharing water bottles, utensils, lip products, or other personal items
- Keep children home when they are sick and follow the school illness guidelines
- Please notify the nurse of any diagnosed contagious illness



HEALTHY SLEEP & SCHOOL ROUTINES

Getting back into a school routine can make a BIG difference in how children feel throughout the school day.

- Keep bedtime and wake-up times as consistent as possible
- Build in a little extra time in the morning to avoid a rushed start
- Encourage a healthy breakfast before school
- Limit screens close to bedtime when possible
- Watch for signs that your child may need more rest, such as headaches, irritability, or difficulty concentrating



HYDRATION & WARM WEATHER

September can still bring some hot days! Staying hydrated helps students feel their best throughout the school day.

- Send your child with a labeled water bottle each day
- Encourage regular water breaks
- Remind kids to drink water throughout the day, not just when thirsty
- Choose water over sugary or highly caffeinated drinks
- Dress appropriately for warm weather and outdoor activity
- Remind children to tell an adult if they feel dizzy, overheated, or unwell

EMERGENCY PREPAREDNESS

ECDS will be practicing emergency procedures throughout the year.

- Drills are approached calmly and in an age-appropriate manner
- Students should know how to contact their parent/guardian during a true emergency
- Families can help by keeping emergency contact and authorized pickup information current
- Please make sure your child knows who they can contact or go with in an emergency



Safety Tip of the Month

Make Sure They Know How to Reach You!

- Make sure your child knows your phone number
- Teach them at least one trusted emergency contact
- Keep emergency contacts and authorized pickup information up to date

Here's to a happy, healthy & safe school year!!

Love, *Nurse Bailey*

BACK-TO-SCHOOL CYBER HYGIENE

KEEP OUR KIDS SAFE ONLINE

A REMINDER FOR ECDS FAMILIES

AS WE HEAD BACK TO SCHOOL, IT'S A GREAT TIME TO REFRESH HOW WE PROTECT OUR CHILDREN ONLINE. SHARING "BACK TO SCHOOL" PHOTOS AND SCHOOL UPDATES IS FUN, BUT TOO MUCH PERSONAL INFORMATION CAN UNINTENTIONALLY BE SHARED WITH STRANGERS. A LITTLE AWARENESS TODAY CAN HELP KEEP OUR CHILDREN SAFER ONLINE.

PHOTO SAFETY TIPS

- USE PLAIN OR BLURRED BACKGROUNDS
- AVOID SHOWING NAMES, LOCATIONS, OR IDENTIFYING DETAILS
- SHARE PHOTOS ONLY WITH PEOPLE YOU TRUST
- PAUSE BEFORE YOU POST:

ONLINE CAN BE FOREVER

WHAT TO KNOW

- WATCH FOR PERSONAL DETAILS VISIBLE IN PHOTOS
- AVOID SHARING YOUR CHILD'S FULL NAME, SCHOOL, TEACHER, OR SCHEDULE PUBLICLY
- BE MINDFUL OF UNIFORMS, SIGNS, BADGES, OR BACKGROUNDS THAT IDENTIFY LOCATIONS
- CHECK YOUR PRIVACY SETTINGS AND KNOW WHO CAN SEE YOUR POSTS

WHAT TO KNOW

- REVIEW AND SECURE YOUR SOCIAL MEDIA PRIVACY SETTINGS
- LIMIT WHO CAN SEE YOUR POSTS
- AVOID SHARING REAL-TIME LOCATION INFORMATION
- DELAY POSTING ABOUT EVENTS OR ACTIVITIES UNTIL AFTER THEY HAPPEN
- NEVER SHARE PASSWORDS, PICKUP/DROP-OFF DETAILS, OR STUDENT SCHEDULES

BEFORE YOU POST

ASK: "DOES THIS REVEAL ANYTHING ABOUT MY CHILD THAT A STRANGER DOESN'T NEED TO KNOW?"

TOGETHER, WE CAN ENJOY THE SCHOOL YEAR AND KEEP OUR CHILDREN SAFE ONLINE AND OFF.