



School Nurse Newsletter

Hey kids! I hope everyone is safe and healthy! I have been thinking a lot about you! I know things may be a little bit strange or scary right now, but I want you all to know that we can all do our part to keep ourselves and others safe! I know I am ready to be back at school and see you all, so let's practice great hygiene and social distancing! Here are some tips to help you everyone out, I can't wait to see everyone soon! --Nurse Jackie

I know having to stay inside can get boring, so I have some ideas that can help!

- Go outside and play with your pets, throw a ball or a frisbee to them! They'll love it!
- Play some basketball
- Grab your sibling or neighbor and throw some ball! (having one friend is okay as long as you keep your distance from one another)
- Take family walks... everyone could use some fresh air!

Everyone is feeling a little scared and uncertain right now and those feelings are normal. It's very important that we don't let those feelings control us. Just remember is you do get scared:

- ✓ Take care of yourself. Watch your favorite movie, or read a good book.
- ✓ Your feelings are important so if you get scared, talk to a friend or trusted adult.
- ✓ Exercise can help kick those scared feelings out the door so get out and play! Your body and mind will be better for it.
- ✓ Lastly, remember you are stronger than your fear. This will pass!

Here are a couple things that help us stay safe and healthy!

- Wash your hands for 20 seconds! You can sing happy birthday twice or baby shark to help you keep time!
- Keep your hands away from your face.
- If you have a cough remember to cough into your elbow to keep from spreading germs!
- Hang with your families; play some games or do a puzzle!
- Remember to practice social distancing when around others not in your home.

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

Here is a very helpful video with more tips on what you can do to make a difference!

Tips for parents! Here is a link to an article that has some great info on how to help our kiddos during this crisis.

<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>

