

Keeping Our Students Healthy

There are important steps that parents can take to help students protect themselves in and out of school. Various health organizations recommend the following measures be taken:

- Teaching children to wash their hands is the single most important measure to help reduce the spread of germs. Reinforce this healthy habit by asking your children to wash their hands: before preparing or eating food, after using the bathroom, after coughing, sneezing or blowing their nose, after having contact with someone who is sick, and any time their hands look or feel dirty.
- Encouraging children to drink plenty of fluids, especially water, is important. Keeping children well hydrated will help their immune systems remain healthy.
- Eating a balanced meal with fruits, vegetables proteins, and whole grains provides children with the nutrients they need to be strong and healthy. Processed and fast foods do not provide the same important nutrients and typically consist of more unhealthy fats and carbohydrates.
- Setting a bedtime schedule and enforcing it can help children to be healthier. When children do not get enough sleep their bodies become fatigued and are more susceptible to illness.
- Planning for what to do when children are sick is also important. Despite our best efforts there are times when children will get sick. Children need to rest at home when they are ill. Keeping children at home will also help to reduce the spread of infection to students and teachers.

The overall health of children directly impacts their ability to perform academically. Together parents and teachers can educate children about good habits that will help keep them healthy for years to come. For more information please contact Health Education Services at 754-321-2272 or visit(www.browardschools.com/departments/healtheducationservices)