

NURSING NEWSLETTER

JANUARY
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Winter Safety

As temperatures drop, staying safe and warm is essential, especially for students who spend time outdoors. Here are some practical tips to ensure your family is prepared for the winter chill:

Dress for the Weather

- **Layer Up:** Start with a moisture-wicking base layer, add an insulating middle layer (like fleece), and finish with a waterproof outer layer to keep out snow and wind.
- **Protect Extremities:** Wear hats, gloves, and scarves to cover areas most vulnerable to heat loss. Insulated boots and thick socks can prevent cold feet.
- **Avoid Cotton:** Cotton retains moisture, which can lead to chilling. Opt for wool or synthetic materials.

Prevent Frostbite and Hypothermia

- **Know the Signs:** Frostbite often affects fingers, toes, noses, and ears. Watch for numbness, white or grayish-yellow skin, and a firm or waxy texture. Hypothermia symptoms include shivering, confusion, slurred speech, and fatigue.

- **Limit Exposure:** Encourage breaks indoors to warm up during extended outdoor play or activities.
- **Stay Dry:** Wet clothing accelerates heat loss. Change out of damp clothes immediately.

Emergency Preparedness

- Teach children to recognize signs of frostbite and hypothermia in themselves and others.
- Always check the weather before heading out, and have an emergency kit in vehicles during winter travel.

By dressing smart and staying vigilant, you can help prevent cold-related illnesses and ensure a safe and enjoyable winter season!

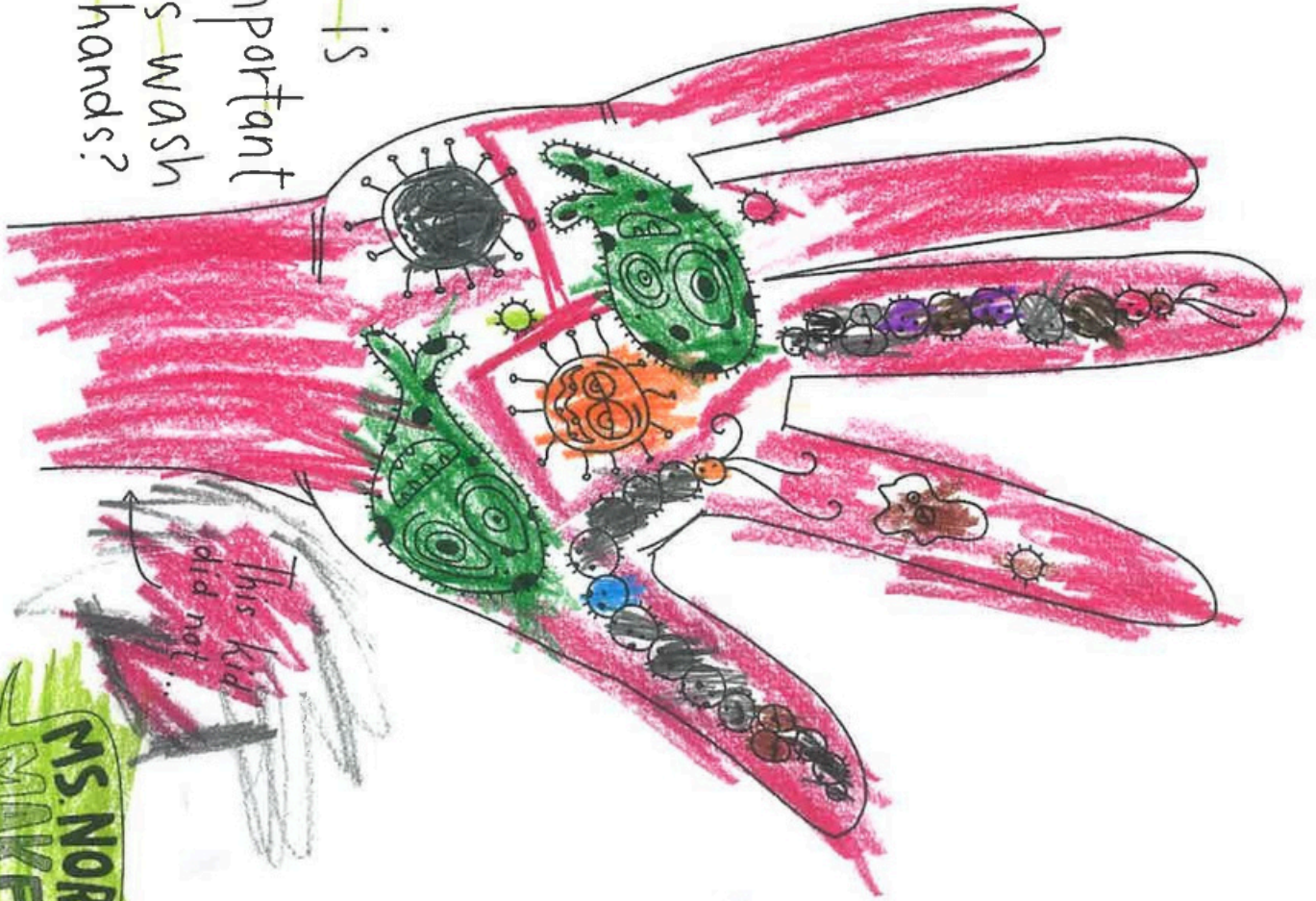
Student Spotlight

Congratulations to Briar

Andresen & Irelynd Showers for winning the December Hand Hygiene Coloring Contest! Their winning coloring pages are showcased on the following pages.

This kid washed their hands

Why is it so important to always wash your hands?



MS. NORA MAKES



Briar

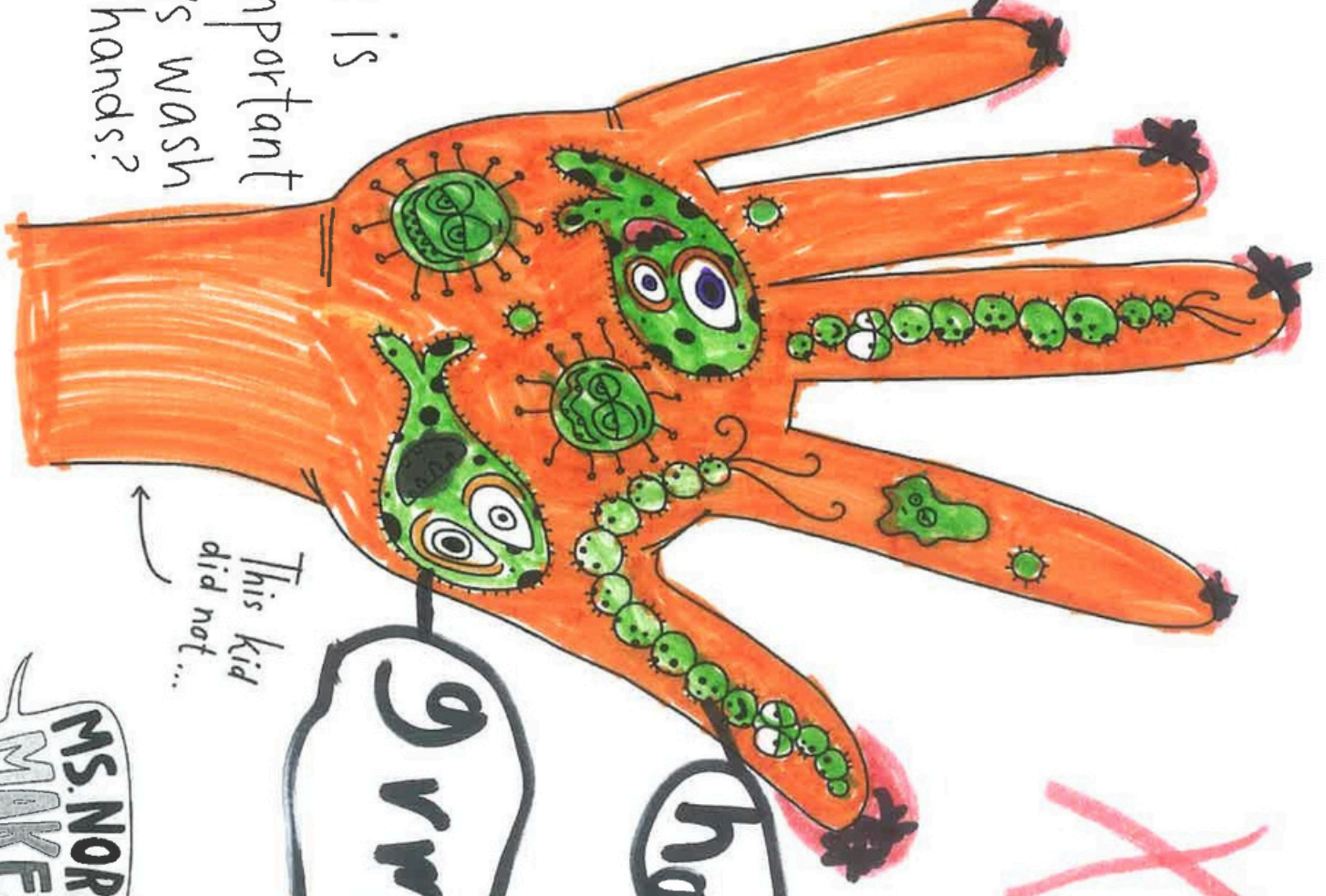
This kid washed their hands



Why is it so important to always wash your hands?



This kid did not...



MS. NORA MAKES

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