November Nurse Newsletter

BUNDLE UP CD FAMILIES

As the autumn chill sets in, Iowa weather loves to keep us on our toes! Mornings can be frosty, while afternoons might still surprise us with sunshine.

To help our students stay cozy and comfortable, please remember to dress in layers—jackets, sweatshirts, coats, hats, and mittens are all great choices for adjusting throughout the day. Don't forget boots for those extra muddy or snowy playground days!

Friendly Reminder: We will continue to go outside for fresh air and outdoor recess every day unless the air temperature or windchill drops below zero. Thank you for helping our students stay warm, happy, and healthy!

WARD OFF COLDS & FLU

Cold and flu season is here! Now is a great time to schedule annual flu shots for your family with your primary care physician or Public Health.

Help protect our school community with these daily habits:

- Wash Hands Frequently: Scrub with soap and water for 20 seconds.
- Cover Coughs & Sneezes: Use a tissue or your elbow, not your hands.
- Avoid Touching Your Face: Keep hands away from eyes, nose, and mouth.
- Stay Home When Sick: Students should rest at home until they are fever-free for 24 hours without medication.
- Sanitize High-Touch Items: Clean phones, doorknobs, and light switches regularly.

Thank you for helping us keep our school healthy!

