Healthy Reminders for Families for a Healthy School Year:

• The clinic should be updated whenever contact information changes.

• A child who has a fever (100.4 or higher), diarrhea, vomiting, or other signs of illness, must be kept home until symptom free without fever-reducing medication for twenty-four (24) hours to prevent others from becoming ill.

• Hand washing before eating, after using the restroom, after blowing nose, and after coughing or sneezing is recommended.

• Coughing or sneezing into a tissue or the shirt sleeve instead of the hands prevents the spread of germs.

• The school nurse should be contacted to discuss a child’s health needs.

• Health insurance information for children is available at http://floridakidcare.org/, 888- 540-5437, or from the school nurse.

• Healthy Eating Strategies

o Encourage family meals.

o Serve a variety of healthy foods and snacks.

o Be an example by eating healthy yourself.

o Avoid battles over food.

o Involve children in the planning and meal preparation process.

• Physical Activity

o Children should be encouraged to participate in a variety of activities to include endurance,

 strength, and flexibility.

o Children should choose activities that are fun and don’t feel like chores.

o Families should make physical activity a priority and look for chances to be physically active.

 o Children should get sixty (60) minutes of physical activity each day.