

North Star Elementary school assumes a leadership role in the promotion of healthy children. The whole day is designed to maximize our student's health potential. Supporting a healthy culture in the school environment is essential for promoting individual health and wellness. Having support from the families is critical to helping staff focus on the educational message that promotes health and prevents disease

Promoting health and preventing disease is part of the school nurse's practice. Promoting health in the school setting is foundational to academic success.

The **recess time** improves a child's health status by strengthening and enhancing mental, social and emotional skills, along with physical fitness.

Old Wives' Tale

If you go outside in cold weather you will get a cold
False- cold weather don't cause colds. Viruses do. People tend to catch colds more often in the winter because these viruses are spread more easily indoors, where there may be more contact with dry air and people with colds.

Being outdoors and getting exercise are great for health. Exercise boosts mood and sunlight helps beat the weather blahs.

(Kidshealth.org/teens/exercise/sports/winter)

- Dress in layers
- Always wear a hat
- Wear gloves, mittens, scarf's and warm jackets

Sincerely,

The School Health Team @ North Star

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