

Dear Rogers Family:

During this time of year, many of our children are bound to catch the common cold, come down with the flu, strep-throat, pink-eye, ear infections, and stomach bugs or just not feel their best. Although sometimes difficult to prevent, we can continue to work on keeping ourselves & children healthy and encourage those around us in efforts to stop further spread of these illnesses. Below are ideas for you to keep those you love healthy:

FUEL UP: Begin the day with a healthy breakfast that will both fill tummies and provide energy to spark the start of your day. Some examples include: Grab a fruit, toast or yogurt if you're on the run!

- Oatmeal
- Whole wheat toast with jam/nut spread
- Fruits
- Yogurts
- Scrambled Eggs/Egg Sandwich/Egg burrito

DRINK UP: Our body is made up of almost 70% water, no wonder it needs plenty of water to keep it running smoothly! Not drinking enough throughout the day may contribute to headaches, stomach aches and just not feeling your best.

- Water
- Milk or milk alternate (Soy/Almond milks)
- Juice (sparingly)

WASH HANDS: One of the best and easiest ways to stop the spread of germs.

- Soap 1st
- Scrub your hands while singing a favorite tune or count to 20
- Rinse germs down the drain with water
- Washing hands after certain activities, including bathroom breaks, after recess and before lunch
- Cough and sneeze etiquette (cough into the upper sleeve or use tissue and dispose of it properly)
- Keeping hands away from eyes, nose and mouth

Wishing you and your family continued health and wellness!!



Rogers Elementary School Nurse
Sinfo Ruiz, RN CDE
Clinic: 469-633-2008
E-mail: ruizs@friscoisd.org