

Tips to promote health and reduce sick days this school year

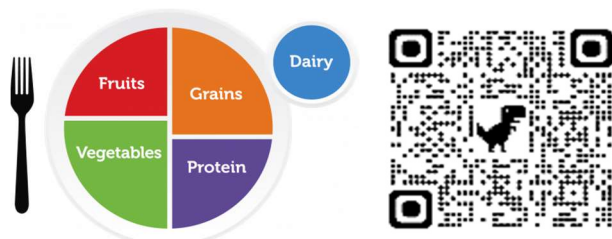
Scan the QR codes for additional information

Practice healthy eating habits

- Aim for nutritious family meals when possible.
 - o Meals that include protein, dairy, fruits, vegetables and whole grains promote positive behaviors and improves your child's ability to focus throughout the day.
 - o Consider taking a multivitamin. Talk to your child's medical provider if you have questions



Follow recommendations based on the MyPlate guidelines. Personalized recommendations can be found by following this QR code:



Food Resources

Community Food Bank of Mineral County

- Open Fridays
10:00 AM – 12:00 PM
1:00 PM – 3:00 PM
- 111 Mullan Rd W, Superior
- (406) 822-3471

Stay hydrated throughout the day

- Adequate hydration is good for the body. It keeps joints, bones and teeth healthy, helps the blood circulate, can help maintain a healthy weight, and improves mood, memory and attention.
- Promote healthy drink choices such as water and milk. Limit or eliminate sugar-sweetened and caffeinated beverages. Caffeine can increase heart rate and blood pressure, interrupt sleep and cause nervousness.



How Much Per Day?

Follow these general guidelines but these amounts can vary by individual and may need to be adjusted depending on levels of activity and environmental conditions such as heat:

- **1-3 year olds:** 4 cups
- **4-8 year olds:** 5 cups
- **Older children & adults:** 7-8 cups

When exercising vigorously or sweating: Children from 9-12 years of age generally need to drink about 3-8 ounces of water every 20 minutes to stay hydrated. Teens need to drink about 34-50 ounces per hour. If vigorous exercise extends beyond 1 hour in a day or your child is sweating a lot, electrolyte beverages may be necessary.

HOW to help your kids #ChooseWater

■ You are your child's **best role model**. When you set a good example, your child learns healthy habits.

■ Make using water bottles fun – **decorate them!** Give them as gifts! Let them pick out their own!

■ **Start the water habit early!** Kids who drink water early are more likely to keep drinking it as they get older.

■ **Change up the flavor** by adding fresh fruit like lemon or pineapple or try a slice of cucumber for a fresh new taste

Get adequate sleep

- A consistent bedtime routine is important. Sleep directly affects behavior, eating habits and the ability to fight off infections.



Exercise daily

- Getting at least 60 minutes of physical activity per day helps to improve sleep, the body's ability to fight off infection, behavior, ability to better manage stress, performance at school, and leads to better health overall.



Try out the FITT Plan for Physical Activity

Appropriate for everyone in the family; however, each person's individual needs will vary, talk to your medical provider about questions.

F: Frequency - Do some type of physical activity every day.

I: Intensity - Choose an activity that is at least moderate in intensity.

T: Time (duration) - Plan on a total time of at least 60 minutes (all at once or over several shorter 10-15 minute blocks of activity each day). Some is better than none!

T: Type - Choose something fun, incorporate a variety of activities.

Schedule a check-in with your child's health care provider

- Regular/annual wellness visits are a great way to monitor your child's health, growth and development. It provides an excellent opportunity to discuss your concerns and allows your child to establish a trusting relationship with their healthcare provider.
- Review recommended immunizations with your child's healthcare provider. Immunizations help protect against infection and severe illness.

Manage stress

- Stress is a normal response to daily challenges experienced by both children and adults. Learning how to manage stress in healthy ways is an important life skill.
- Talk to your child's medical provider and the school about ways to support your child in managing stress/anxiety or if you have concerns about their emotional well-being.



What parents can do:

- **Help kids feel safe, loved, and cared for.** Provide routines, like bedtime, eating a meal together, or being there after school. Routines provide a rhythm and let kids know there are things they can count on.
- **Teach coping skills.** Kids feel better when they know there are things they can do for themselves to help offset their stress. Examples include: deep breathing, mindfulness, talking with a trusted person, doing something enjoyable such as exercising, playing, journaling or listening to music.
- **Help them take a break from stress.** Make time to play, draw or paint, spend time in nature, read a book, play an instrument, be with friends and family. These activities are more than just fun. They help kids and teens feel positive emotions that offset stress.

Wash hands frequently to reduce spread of germs



Wash your hands before:

- Eating and cooking
- Touching your face especially eyes, nose or mouth
- Before visiting or taking care of sick people

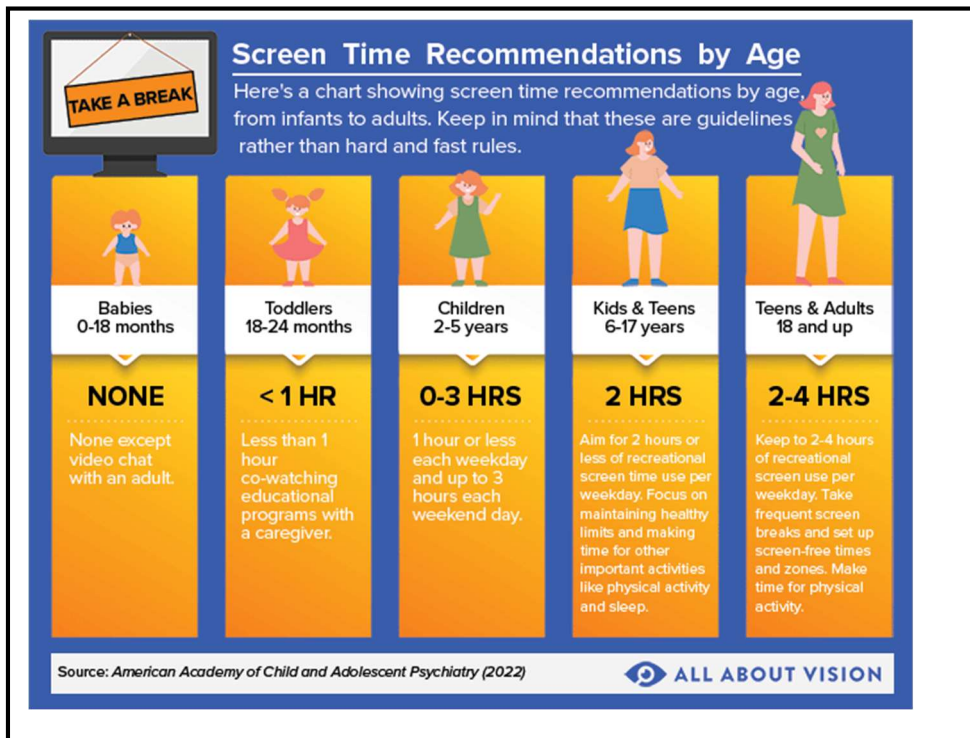
Wash your hands after:

- Using the bathroom
- Blowing your nose, coughing or sneezing
- Cleaning around the house
- Touching pets and other animals
- Being outside/coming home from school, the store, the doctor, etc...
- Visiting with or taking care of sick people



Limit screen time

- Any screen time not associated with homework should be limited.
- This includes phones, televisions, tablets, video games, and computers.
- The light emitted from screens can reduce melatonin levels, making it more difficult to fall asleep or stay asleep.



Use local resources OR Connect with your school's Parent Liaison

- Parent Liaisons are available in each school to support you by partnering with your family individually. Examples of ways Parent Liaisons can support your family include:
 - o Connecting you with the school & community resources.
 - o Sharing information on your child's development.
 - o Assisting with establishing healthy routines for your child and family.
 - o Providing support if your child is experiencing school stress and/or anxiety.

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- Visit community calendars and local Facebook pages to find out about events happening locally.

Mineral County Parents as Teachers

<https://www.facebook.com/MCHDPAT/>



Family Connections Collaborative

<https://www.facebook.com/MineralCountyFCC/>



If you or your child become(s) sick...

- Despite best efforts, students and families may get sick.
- To protect students and staff from contagious illnesses, students infected with certain diseases/symptoms are not allowed to come to school while contagious.

When to stay home:

- Students should stay home until they:
 - Feel well enough to participate and do not need more care than is reasonable in the classroom.
 - Are fever-free for 24 hours without the use of fever-reducing medication (100.4 or higher is considered a fever).
 - 24 hours after vomiting or having diarrhea.
 - 24 hours after starting treatment for bacterial infections including but not limited to pink eye or strep throat.
 - Treatment has been started for infections such as ringworm, scabies or impetigo.
 - Rashes and sores have been checked by a medical provider and determined to be safe to return to school.
 - Parents of a student with a communicable disease or signs of a contagious illness should call their medical provider and notify the school to determine whether the student should attend while symptoms are present.

When your child returns to school:

- Remind your child to wash hands regularly & cover coughs/sneezes

In your home:

- Stay in a separate room and use a separate bathroom if possible.
- Clean/disinfect all high-touch surfaces frequently. These include countertops, hand railing, sink handles, toilet flusher, doorknobs, remote controls, phones, etc.
- Cover coughs and sneezes by using a disposable tissue or covering nose/mouth with elbow, then wash hands.
- Do not share personal items such as cups, utensils or towels.
- Wash commonly contaminated objects such as bed linens, towels, clothes, or toys
- Avoid being in close contact with others in the home especially people who have a higher risk of developing more severe symptoms.
- Improve ventilation in your home by opening windows.
- Call your medical provider for additional suggestions specific to your family.

Thank you for reviewing this information and supporting your students.

Contact your school with any questions or concerns