



HEALTHY KIDS

September Newsletter



Welcome back to a new school year! We hope the first week of school has gone well. It has been a joy to see all of our students, as well as seeing new faces in the hallways. Here are some tips and information from the Health Suite!

Protecting Physical Health

- **Face coverings:** Forcey Christian School follows the Montgomery County Public School's lead. Wearing masks are currently optional for all Forcey Christian School staff and students. It is also important to remind your child that it is never okay to bully other students based on the presence or absence of a face covering. Your student may wear a mask at your discretion.
- **Handwashing:** Washing hands is one of the best ways to not only prevent the spread of COVID-19, but other illnesses as well. You can help your child properly wash their hands by teaching them to sing a song like the ABC's or count to 20 every time they wash their hands.
- **Staying home when sick:** It is extremely important that everyone stays home if they are experiencing sick symptoms or test positive with COVID-19. Make sure that you are familiar with the school's illness exclusion policies, as found on our Forcey health hub website tab. Remember that exclusion due to symptoms of COVID-19 or an exposure can last some days. It is a good idea to have a plan in place in case your child will need to stay home for a long period of time.
- **Vaccinations:** It is recommended that every American that is eligible to get vaccinated for common communicable and preventable diseases. Please review that your student has received all the recommended vaccines and submit those to the health team. Maryland Department of Health requires the standard immunizations for school attendance, and without your student will not be able to attend class. Students who transition from age 3 to 4 need updated immunizations, as well as those students entering 7th grade. Please contact your school nurse if you have any questions regarding compliance.
- **Know your resources:** Talk to your child's healthcare provider, school nurse, or the local health department to identify resources that may be helpful if your child develops sick symptoms or needs to quarantine.
- **Update information:** If your student has had any updates to their health conditions or if you have new updates to contacts, please contact the health team.

Protecting Mental Health

For some children, the transition back to school may be a stressful one. Here are some things to keep in mind:

- Monitor your child for signs of increased stress or anxiety. These can include things like: Returning to old habits or developing new habits (such as thumb sucking), acting out, crying more frequently or having stronger emotional reactions than usual, and clinginess.
- Talk to your child about the stressors they are facing and let them know that **it is okay** if they are struggling with any new changes at school.
- Make sure that your child is getting plenty of sleep at night and at least 30 minutes of physical activity each day to help them cope with stress.
- If you have concerns about your child's mental health, talk to their healthcare provider about other ways to help and which resources are available.



REMEMBER: It is expected that the transition from summer break to full time school can take some time. It is all temporary, and there are resources out there to help you get through it!